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Food, Page 1C



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VOLUME 19, NUMBER 23

WEDNESDAY, MARCH 22, 1995

THIRTY-FIVE CENTS

State budget to cost hospital SEMC sees \$4 million loss

Changing priorities in Gov. Jim Edgar's proposed 1995-1996 budget jeopardize the state's health system, and will cost St. Elizabeth Medical Center in Granite City several million dollars in the coming year, hospital administrators say.

Four areas of the new budget — the extension of the provider tax, the elimination of fees paid to hospitals that care for a high percentage of poor patients, late payment of bills, and a continued freeze on Medicaid rate increases — could cost SEMC up to \$4.3 million, hospital officials said.

Statewide, hospital spokesman Carol Winters said as many as 20 hospitals could close if the budget passes. She also said unpaid Medicaid bills threaten the state's credit rating.

Edgar's new state budget has increased support for education and welfare programs at the expense of everyone in the state who may need health care," Winters said.

"According to the Illinois Hospital and Health System Association, the budget puts at risk 1.5 million Medicaid recipients and would harm hospitals in every community across the state," she said. "In addition, it jeopardizes services like trauma and perinatal networks, which

are provided to state residents who need them, not just Medicaid recipients."

At the time he released the budget, Edgar said he chose to put new revenues primarily into education, prisons and help for abused and neglected children, rather than Medicaid.

Edgar blamed the federal government for dragging its feet in approving a waiver for a managed-care approach to Medicaid that, he claims, could result in substantial savings.

In his budget, he proposes to continue the Medicaid tax on hospitals and nursing homes that is set to expire June 30, while slashing payments to hospitals and pharmacists and making little progress in paying old bills.

Continuing the tax would provide about \$600 million, while the cuts would save about \$400 million, Edgar said.

Dennis Lutz, vice president of finance for SEMC, said the continued provider tax would cost the hospital about \$1.6 million per year. Cutting payments will cost approximately \$1.3 million.

"It is difficult to provide services like the Koch Family Health Center, which provides subsidized primary care and care for Medicaid patients when reimbursement is cut," Lutz said.

(See HOSPITALS, Page 6A)



Tough chore — Steve Blind and Jill Shaw, judges for the annual Tri-Cities Area Chamber of Commerce's "Trash" poster coloring contest, had their work cut out for them with a record number of entries this year. See story, Page 6A.

County eases road for home buyers

Future home buyers in rural Madison County shouldn't have to worry about roads that won't last as long as their mortgage payments.

County Board members said an ordinance change approved Wednesday will no longer allow developers to ignore minimum road requirements by installing private roads for lots of two to five acres.

Construction of those private roads will have to meet the minimum requirements of public road construction.

"We feel this is long overdue and we're going to correct it," said Jack Franden of Alhambra, chairman of the Land Use Committee.

Mike Fruth of Edwardsville, a County Board member and the highway commissioner of Pin Oak Township, said many developers install high-quality

roads but that some have left homeowners in the lurch.

Fruth said a developer in Pin Oak Township put down gravel roads and began selling lots, telling home buyers the township would be responsible for them. When the roads deteriorated, residents began calling him, but there was nothing he could do, Fruth said.

Townships can't maintain private roads and won't accept them for public maintenance unless they meet minimum standards, he said.

Fruth said the residents formed a homeowners' association, which had to pay for about \$26,000 in improvements before the township could take over the roads.

"We're protecting the person who spends \$100,000 to \$150,000 for a home as well as the taxpayers," board member Alan



Mike Fruth
... board member

Dunstan of Troy said. "We're fully aware that it's going to be added to the cost of a lot, but it's going to help people in the long run."

Dunstan said there have been many such problems in the Troy area, as well as in Pin Oak, Foster and Godfrey townships.

— From the Alton Telegraph

Wilson, Towns trials begin

By Bob State
Staff writer

Two highly publicized criminal trials with ties to the Granite City area began this week.

On Monday, jury selection began in the trial of former Venice police officer Roland Wilson, accused of 16 felony charges — including raping or attempting to rape women he had arrested.

On Tuesday, jury selection began in the mass murder trial of Sherrell Towns, the third defendant in the November 1993 execution-style slaying of five men in Eagle Park Acres.

Wilson, 25, faces three charges of aggravated criminal sexual assault, one count of criminal sexual assault, one count of attempted criminal sexual assault, five charges of official misconduct, four charges of armed violence and one charge each of theft and unlawful restraint.

Of the 16 felony charges, seven

The prosecution is seeking the death penalty for Towns for his alleged participation in the murders of David Thompson, 21, Cedric Gardner, 22, Marion Jennings, 25, Bedford Jennings, 19, and Jeff Mosby, 33.

are Class X felonies — each punishable by six to 30 years in prison upon conviction. Assistant State's Attorney Theresa Brown said that plea negotiations with Wilson's attorney, James Gormic of Belleville, have been unsuccessful because the state is insisting on prison time for Wilson.

The indictments allege that Wilson, using his position to intimidate the women, sexually assaulted them at the police station, in a patrol car or in his house.

The armed violence charges

allege Wilson was armed with his service handgun at the time of the assaults and theft.

The theft charge alleges Wilson took money, reportedly \$50, from a person over whom he had control as a police officer.

The official misconduct charges allege he was on duty when he committed the various offenses.

The indictments followed an investigation by the Illinois State Police Division of Criminal Investigation.

Judge Lawrence Associate (See TRIALS, Page 6A)

In the Journal

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Deaths

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Laura Ready
Mildred Miller
R. Allan Presley
Wilbur Hufstutler
Susan Farr
John Edwards
Robert Broomefield
Kevin Shearlock
Orville Woodward

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Madison schools expect a surplus

By Scott Cousins
Staff writer

Unless something unexpected happens, the Madison School District will end the school year with surpluses in all its major funds.

Following a public hearing Thursday, the school board approved a revised budget for the year ending June 30.

That budget projects total spending for the district at \$7,358,300. Most of that, about \$6 million, will be in the education fund, which pays for most of the district's day-to-day expenses.

"I think it will work out pretty well," Superintendent Ken Miller said Friday. "I tried to be conservative."

If the district can continue to

operate in the black, Miller said it might be off of the Illinois State Board of Education's financial watch list in a few years.

"I would think that two or three years down the road, we have the potential to get off," Miller said. "To be in the black at all at this point is a really positive thing. The people I'm dealing with at the state are saying the same thing."

"Being on the watch list isn't the worst thing that could happen," he said. "Because it does make you focus on the financial situation, and it does get us some assistance from the state."

Two years ago, the district had almost \$1 million in debt, but most of that was eliminated after voters approved debt-reduction bonds and a tax increase in the education fund in November 1993.

This year, the district will have a surplus of slightly more (See SURPLUS, Page 6A)

Advisory health panel likely to be enlarged

Madison County is looking for a few good people with an interest in public health issues.

Those selected will be members of an advisory board that will help the County Board oversee operations of the county's planned new public health department.

The board's Health Department Committee Thursday voted to recommend an increase in membership of the advisory board from at least five to at least 10, including at least one physician, one nurse and one dentist. The resolution will be considered by the full board Wednesday.

Committee Chairman Harold Byers said the committee has a list of about 25 candidates for the advisory board. He said some were suggested by County Board members and others volunteered.

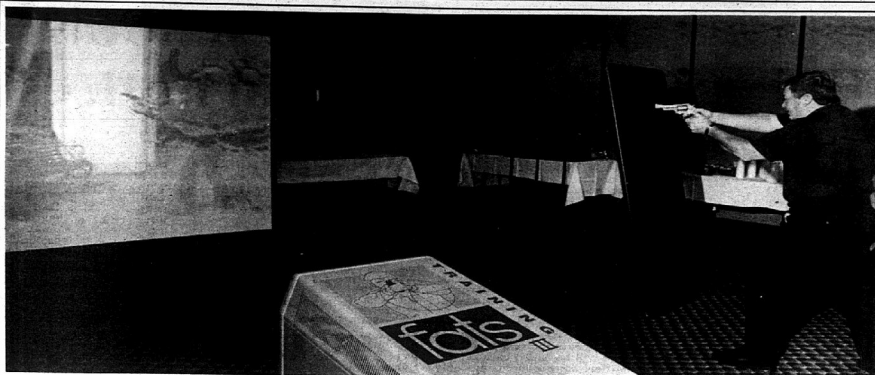
The department is expected to begin operation by July 1996 and provide four basic services — infectious disease control, well-water monitoring, inspection of private sewage systems and restaurant inspections.

Byers said additional volunteers would be welcome. He said people interested in serving on the board may call the County Board office at 692-7040, Ext. 4341.

— From the Alton Telegraph



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Ron Shownes, assistant manager of the Southwestern Illinois Law Enforcement Commission, covers his on-screen "partner" during a demonstration Wednesday of a new "virtual

reality" training system. The system puts officers in a variety of situations — but without the danger.

Confrontation — minus danger

By Nicole Vaughn
Staff writer

Confronting armed suspects without the danger of being shot — it's an unknown in the world of police work. That is, until the arrival of the Firearms Advanced Training System, or FATS.

The Southwestern Illinois Law Enforcement Commission unveiled FATS at its board meeting Wednesday at the Quality Inn in Collinsville.

The "virtual reality" system uses a computer-generated program to create real life situations on a life-size screen.

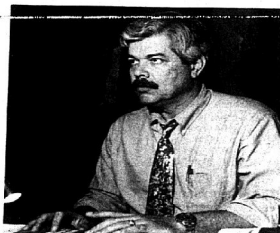
The system cost \$66,000. The three men currently trained on the system — Ron Shownes, assistant manager of SILEC, Dennis Gunderson of the Edwardsville Police Department and O'Fallon Police Capt. Scott Battoe, showed off their marksmanship and police expertise.

"You and your partner are investigating a call of a woman screaming in a downtown parking garage," said the computer, popping a new scenario onto the screen.

Holding the gun, trained carefully on the knife-wielding suspect, Shownes manages to free a victim and disarm the suspect without a shot being fired.

In another scenario, Shownes rapidly stops another armed suspect by firing four lethal shots.

Add into the equation innocent bystanders and hostages who are frequently placed in the line of fire and the exercise becomes a lot more than a shooting match.



Capt. Scott Battoe of the O'Fallon Police Department mans the controls and determines what scenario — armed or unarmed suspects — the officer will face.

"It can tell you a lot about an officer's performance," said Highland Police Chief William Pierce, chairman of the training project. "Does the officer use good tactical positions and good verbal commands? Does he repeat the commands? This training helps give him the skills he needs to survive."

Once the shooting is over, the computer shows on-screen where each lethal, non-lethal and miss fired by the officer

ended up. During the slowed-playback, the officer can also see how many shots the criminal fired.

While yelling at the on-screen suspect doesn't register with the computer, it does register with the officer at its controls. Good commands add extra points to the officer's performance.

For the exercise, officers can use a .38-caliber or 9mm handgun. A special cartridge converts a department standard 12-gauge shotgun for use in the program.

SILEC covers seven counties, including Madison and St. Clair counties, and Pierce said that about 2,700 officers from departments in the group will take turns using the equipment for training, starting at the end of this month.

Pierce said that the FATS system won't replace shooting-range training but will add to it.

"We want to make sure that the officers don't become complacent, that their judgment — not just their shooting — is right on target," Pierce said. "We want to make sure, too, that he certainly doesn't shoot anybody he shouldn't shoot."

Pierce said FATS is the first stage in computerized training for SILEC. The group's next goal is a driving simulator giving officer's a chance to test their skill in emergency and high-speed pursuit driving. Made by Atari, the simulator costs about \$100,000.

"Technology is changing so rapidly and there's so much you can do," Pierce said. "We just want to take advantage of it."

Ex-principal faces more abuse charges

Former Edwardsville Junior High School Principal Ronald Goff is facing additional felony charges for allegedly sexually abusing a second teen-age boy.

Prosecutors filed two additional counts of aggravated criminal sexual abuse Thursday against the 55-year-old rural Edwardsville man, alleging he fondled and abused a 14-year-old junior high pupil from Madison County in 1989 and '90 while he was a Boy Scout leader.

Goff, who retired as principal last year, was released from jail March 3 on \$10,000 bond after he was arrested on charges he sexually abused a boy, now 16, from Macoupin County from August 1990 through April 1993.

The newest charges allege Goff befriended the 14-year-old Boy Scout, now 20, during Scout meetings in the Edwardsville area.

Goff was released on the new charges Thursday on his own recognizance. He had been expected to be indicted by a grand jury Thursday, but prosecutors decided not to present their case after Goff waived a preliminary hearing.

Madison County Assistant State's Attorney Susan Jensen said the investigation continues. "I really don't know if there

will be additional charges," she said. "The police have contacted several potential victims, but don't know if (the incidents) are chargeable."

Illinois State Police began investigating Goff in February after the 16-year-old told a counselor of the alleged abuse. The counselor reported the allegations to the Department of Children and Family Services officials, who notified police.

In several police wire-tapped telephone conversations with the alleged victims in February, Goff acknowledged he fondled and showered with the teen-agers but claimed he did not do it for sexual gratification, according to a police report.

Goff's attorney, John Gitchel of Granite City, said Thursday he had not reviewed the report. During the investigation, police said they contacted potential victims who claimed they had relationships with Goff.

Police said the 16-year-old told them he met Goff in 1990 at the DuBois Center, a church camp in DuBois about 85 miles southeast of Madison County. He said he and Goff became close friends and carried on a sexual relationship for about three years, police said.

— From the Alton Telegraph

Police offer 'tip of month'

With beautiful spring weather approaching, the Granite City Police Department is passing along a few prevention tips concerning your home.

Problems and burglars select the easy targets. Here's a few ways to make their job harder:

- Keep shutters closed at low night windows.
- Install motion detecting flood lights outside.
- Keep the mail box empty, as well as newspapers out of your yard.

Let a trusted neighbor know when you will be away for any amount of time.

As an added service to the community, the chief of police has instructed patrol officers to watch for residential conditions which may attract criminals and then advise homeowners of such by leaving a courtesy awareness form at their home.

Be safe this spring. Protect your property with that "ounce of prevention."

Granite City Journal

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Reggio, an adm
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Dancers among Follies performers

The second annual Community Care Center of Protestant Welfare Spring Follies Revue will take place at 7 p.m. Friday, March 31, at the Granite City High School auditorium.

As usual, this benefit show will consist of a variety of acts displaying local amateur, professional and semiprofessional talent. Some of the acts being offered are unique and outstanding and well worth the price of admission, \$5 in advance, \$6 at the door and \$2.50 for children.

The variety show has a two-fold purpose: Not only does it produce revenue much needed by Protestant Welfare toward the building fund, but also offers exposure of talent which otherwise might never be introduced to the general public.

Protestant Welfare Association is a not-for-profit public assistance agency serving the needy. The purpose is to render assistance without charge to families, individuals and children within the Quad-City area, regardless of race, creed or politics, who are in need of food, clothing or special assistance, and to help strengthen them morally, socially and spiritually in cooperation with local, state and federal agencies.

There were 8,314 persons served last year.

Among those appearing at this year's event will be Meagan McKechan, 12, of Granite City, and her partner, Matt Auclair, 13, of south St. Louis. They won a national championship in swing dancing recently in California. They were the youngest couple in their division, and, not only did



Meagan McKechan and partner Matt Auclair

they win the U.S. Open, but they, along with another couple, also won the Delta Division of the cabaret at the competition.

McKechan is the daughter of James and Linda McKechan. She attends Worthen School in Granite City and is a member of Midwestern United States

Imperial Dance Club. Auclair is the son of Chrys and Judy Auclair and belongs to Southside Imperial Dance Club. He has been dancing since the age of nine.

During the coming year, the couple will compete in Oklahoma City, Dallas, Atlanta, Washington, D.C., and California.

34 in Madison schools get nonrenewal notices

By Scott Cousins
Staff writer

The Madison School District has notified 34 faculty and staff members that it will not be renewing their contracts next year.

The board approved the annual dismissal at Thursday's meeting. A total of 23 first-year and part-time teachers and 11 support staff were cut.

Superintendent Ken Miller said this is an annual occurrence, and most would be rehired at the beginning of next year.

"We have to eliminate our least senior people in order to accommodate the rest," he said. "Most will be called back."

Miller said dismissing only first-year and part-time teachers was something new for the district.

"This is really a good year,"

he said. "In the past we really haven't had any first-year teachers to speak of, and we've had to go into tenured staff and let go teachers with seniority."

In the past, some of the teachers dismissed had up to 15 years teaching experience with the district.

He said the reason for the change is the state's early retirement incentives for teachers.

"It's not much consolation to them (the first-year teachers), but it is to the tenured staff," Miller said.

At Thursday's meeting, Miller also told the board they must decide soon what to do about the gym floor at Madison High School. A leaking roof has caused parts of the gym's wooden floor to become saturated with water and buckle. According to Miller, the gym is unus-

able because of it.

A private contractor said the district has two options, repair the damaged sections or replace the entire floor. No cost estimates have been presented yet.

"I think it's pretty evident that replacing the whole floor would be more expensive than making repairs, but if the repairs are going to be so extensive there may not be a lot of difference," Miller said Friday.

Normally, a typical hardwood floor has a moisture content of between 8-9 percent. Miller said in some spots, the high school gym's floor has a content of about 15 percent.

A decision needs to be made quickly so repairs can be completed in time to use the gym in the fall, Miller said.

In other business, the board approved making Tom Cass the approved making Tom Cass the

(See MADISON, Page 6A)

Birds of prey at Mounds on Sunday

Live birds of prey from the World Bird Sanctuary of St. Louis will be featured at Cahokia Mounds State Historic Site during Raptor Awareness Day on Sunday, March 26. The free program begins at 2 p.m. and includes a fly show.

The event is among those featured this month at Cahokia Mounds.

"Native Plants and Animals" is a new exhibit that continues through June 15. It features photographs, posters, illustrations and mounted specimens of plants and animals that are native to Illinois and the central Midwest, and explains how many of them were utilized by American Indians for food, clothing, shelter, medicine, tools, weapons, fibers, dyes and glue.

Cahokia Mounds State Historic Site, administered by the Illinois Historic Preservation Agency, is near Collinsville, off Interstate 55/70 and 255, and Illinois 111, on Collinsville Road. It is open daily free of charge, although a donation of \$2 for adults and \$1 for children is suggested to keep Cahokia Mounds and other Illinois historic sites open to the public.



Safe schools — The Drug Free 2000 Task Force and the United Way have placed "Drug Free School Zone" signs at each school in the Granite City School District. Under Illinois law, anyone convicted of distributing drugs to anyone under the age of 18 within 1,000 feet of a school is eligible for twice the usual maximum fine and prison term. Pictured with the sign, from left, are School Superintendent Steve Balen, Alderman Sandy Crites, president of the Drug Free by 2000 task force, Karen York, task force treasurer, and Police Chief Dave Ruebhausen.

911 education program offered

For folks who aren't sure when it's OK to dial 911, the Madison County Emergency Telephone System Board is volunteering to teach the do's and don'ts of dialing.

"Right now we are trying to get a feel for how interested people are in 911," Deanna L. Roggio, an administrative assistant in the 911 coordinator's office, said. Roggio said she wants to offer programs and materials to schools, day care centers, neighborhood watch groups and senior citizen

organizations about the proper use of the 911 emergency telephone system.

Roggio will tailor the presentations to the needs of each group or individual. She also has materials for group leaders and area teachers who want to teach what 911 is all about.

"A lot of teachers want to teach their own students about the 911 system," Roggio said. She said the program was established to teach people how to use the system and when it

should or shouldn't be used.

"If a cat is in a tree, you don't call; if your mom is choking, you call," Roggio said.

The 911 system was approved in a referendum several years ago and went into operation in June 1992.

To schedule an appointment with the 911 coordinator's office, call 692-7040, ext. 5911, 8 a.m. to 5 p.m. Monday through Friday or send a written request to: 911 Coordinator's Office, Attention: Deanna L. Roggio, 157 N. Main St., Suite 408, Edwardsville, IL 62025.

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'Godspell' to be presented Thursday through Sunday

"Godspell" the musical based upon the gospel of St. Matthew, will be presented by Summerstage Thursday, March 23, through Sunday, March 26. The show begins as John the Baptist enters through the center aisle singing "Prepare Ye the Way of the Lord."

A group of nondescript characters heed the call and receive baptism. Excitedly, the characters run about the theatre singing of their renewed spirits.

Jesus then appears asking to be baptized as well. As the characters gather on stage, we find that they have all taken a new appearance. What follows is a fast-moving, exciting show filled with color and bouncy delight.

The actors, five young men and five young women, wear clown makeup and costumes and act out the stories and parables of St. Matthew, including The Good Samaritan, Mary Magdalene and many others in a setting which looks very much like a junkyard

alley at the end of some street in some city somewhere.

"Godspell," which opened to rave reviews off-Broadway in 1971, has been described by some as cheerfully irreverent, spirited, loving and magical, with a good selection of memorable songs — rock, folk, country and pop — all neatly woven in and around the parables and teachings of Jesus.

Perhaps the most popular song from the show is "Day by Day."

One of the most startling outward aspects of the production is the physical appearance of Jesus and his friends, who are arrayed in bright gypsy clown clothes and painted faces.

Why this flamboyance? Why a music hall crossed with a circus?

Stephen Schwartz, who wrote the music and lyrics, explains, "We are in an era of black comedy. When the world is in such a mess, you can't take it too seriously; we make Jesus

Christ into a music hall act, clowning about and doing a soft-shoe dance with Judas. You simply have to like the man. Jesus amuses and delights you; he is the kind of character anyone would want to follow."

Starring in the production are Michele Arvizu-Prater, Elizabeth Cook, Ken Elliff, Scott Forney, Michael Lucido, Marc Lull, Nicole Schneider, Greg Weckman, Carrie Ween and Emily Zarate with direction and production by Marty Eckhard, choreography by Margie Holland-Pennell and assistant director and stage manager Tracy Lea Ellis.

"Godspell" opens Thursday, March 23, and runs through March 26. Curtain is at 7:30 p.m. and tickets are \$6 for adults and \$4 for children 12 and under. For more information and ticket reservation, call Summerstage at 451-1032. The playhouse is located at 2906 Pershing Ave. in Granite City.



Cast members of Summerstage's presentation of "Godspell" are, from left, bottom row, Emily Zarate, Scott Forney and Greg Weckman; top row, Michele Arvizu-Prater, Michael Lucido, Elizabeth Cook and Ken Elliff.

Selph part of satellite conference

Granite City Mayor Ronald Selph participated as a Metro East panel member for a national satellite teleconference entitled "Safe Drinking Water: Critical Choices for Public Officials and Utilities."

The teleconference, sponsored by the American Water Works Association (AWWA), was broadcast to more than 100 downlink sites throughout the United States March 9. The Metro East downlink site was located at Southern Illinois University at Edwardsville.

Billed as a "national town meeting of public officials and water utility management," the three-hour teleconference focused on getting public officials to understand new regulatory requirements and how to work with their policy-making bodies at the local level to find funding to comply with drinking water standards.

The teleconference featured six presentations from authorities on current and potential drinking water problems and how other cities and towns are planning for the future by involving their customers.

"Teleconferences such as this help to provide the background and basis for launching new goals and standards as we approach the start of the next century," Selph said.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, March 22
Sausage patties, whipped potatoes, sauerkraut, wheat bread, jelly on fruit.

Thursday, March 23
Spaghetti with meat sauce, tossed salad, grape juice, French bread, peach slices.

Friday, March 24

Fried fish, au gratin potatoes, zucchini and tomatoes, rye bread, cherry turnover.

Monday, March 27
Country fried steak, whipped potatoes, gravy, black-eyed peas, wheat bread, pears.

Tuesday, March 28
Chicken and dumplings, tossed salad, cauliflower and carrots, wheat bread, vanilla ice cream.

WINGS teams ready to go

A slate of community, civic and business leaders have agreed to serve as team captains for the 1995 We're Investing in New Growth kick off March 29 with a \$175,000 goal. These captains have organized some 13 teams and nearly 100 volunteers in support of access to quality health care through SEMC's Koch Family Health Center.

Chairman Leo Wolf and Rich Suess, vice chairman, will lead this fourth annual WINGS effort to benefit the patients served by SEMC.

Community team captains are: Granite City Mayor Ron Selph, Paul Fisk, Jim Schmedake, Bill Schuller and Linda Reish, Catherine Gaumer and Terry Dickinson, Larry Zotti, Joyce Toussaint and Becky Slate, Cathy Jung and Lisa Fanning, Rose Stern and Mike Skoklo, John Moseley, Eleanor Kelley, Kathy Lombardi and Bob Lombardi and Von Dee Cruse.

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451-7913

A Family Preparedness Program

ARE YOU READY for Illinois' Next Disaster?

INTRODUCTION
Would you know what to do if an earthquake struck this area? What about a tornado? What can you do to protect you and your family from extreme cold weather conditions? What should you do if a hazardous material spill or leaks into the air? The Family Preparedness Program, developed by the Illinois Emergency Management Agency, is designed to provide area residents with useful information about various types of natural disasters and what each of us can do to prepare ourselves and our families for emergencies. We want you to be ready.

SPEAKERS
Terry Walther, Vice President, Memorial Hospital and Region IV Disaster Coordinator
Norm Acker, St. Clair County Emergency Services and Disaster Agency
Donald Schneider, Safety and Security Director, Memorial Hospital
Ron Volkman, Assistant Chief, Belleville Fire Department
Sandra Knight, RN, Region IV-B EMS System Coordinator

DATE, TIME AND PLACE
Wednesday, March 29, 1995
7 to 9 p.m.
Memorial Hospital Auditorium

INFORMATION
The program is free; however reservations are requested. Call Memorial's Community Relations Department at (618) 257-5649.

This program is provided as a community service by Memorial Group, Inc. and Memorial Foundation, Inc. on behalf of Memorial Hospital.

MEMORIAL HOSPITAL
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Belleville, Illinois 62223

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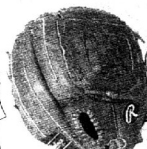
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MARCH 29



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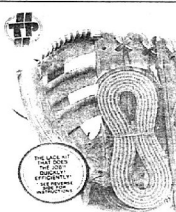
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Obituaries



Mildred L. Miller

Mildred L. (Stephens) Miller, 91, of Granite City, formerly of Greenville, Mo., died at 1 p.m. Saturday, March 18, 1995, at St. Elizabeth Medical Center after a four-month illness. She was born Oct. 24, 1903, in Greenville and had been a resident of Granite City for 70 years.

A homemaker, she was a member of Bethel Chapel in Granite City. Survivors include four sons, Jim Miller of Iberia, Mo., and Dale Lee Miller, Donald Miller and Jack Miller, all of Granite City; seven daughters, Melba Vernon, Dorothy Veach and Norma Jean Moore, all of Granite City; Eretta Hale of Selah, Wash.; Betty Johnson of Merrillville, Ind.; Mary Havel of Schaumburg, Ill.; and Peggy Klingman of Wheatland, Okla.; one sister, Virginia Douglas of Corpus Christi, Texas; 30 grandchildren; 65 great-grandchildren; and one great-great-grandchild. She was preceded in death by her husband, Ernest Joseph Miller, whom she married March 19, 1924, in Granite City, and who died March 11, 1970; one son, Wayne Miller; two daughters, Ruth Ann Miller and Helen C. Miller; her parents, James H. and Ida Mae (Jaxcox) Stephens; one brother, Clifford Stephens; one sister, Mabel Jones; two half-sisters, Minnie and Ethel; four grandchildren; and two great-grandchildren.

Services were held Tuesday at Bethel Chapel, Granite City, with the Rev. Leon Belt officiating. Burial was in Valhalla Gardens of Memory, Belleville. Arrangements were by Thomas Memorial Mortuary, Granite City. Memorials are requested for Bethel Chapel.



Wilbur Huffstutter

Wilbur C. Huffstutter, 69, of Danville, Calif., formerly of Granite City, died Thursday, March 16, 1995, at his residence. He was born Dec. 31, 1925, in Granite City, where he attended school.

Mr. Huffstutter served in World War II for three years, primarily in the European theater of operations. He participated in "D-Day" and the second invasion of France.

Employed with Granite City Steel's Personnel Department before joining Kaiser Aluminum, he also worked in Newark, Ohio, prior to being assigned to Kaiser's Corporate Headquarters in Oakland, Calif.

Survivors include his wife, Phyllis Tomlinson Presley, whom he married Nov. 26, 1974; three stepsons, Burt and Greg Tomlinson, both of

Stewart, Fla., and Bruce Tomlinson of Granite City; one stepdaughter, Dawn Lingentfeller of Granite City; one brother, Stephen Presley of Wood River; one half-sister, Margaret Presley of Granite City; one stepbrother, Donald Smith of Granite City; one stepniece, Donna Azbil of Granite City; six granddaughters; and two great-granddaughters.

He was preceded in death by his parents, Roger Cole Presley and Edna (Gregory) Presley, and one sister, Cynthia Cole.

Services were held Tuesday at Irwin Chapel, Granite City, with the Rev. Bob Jones officiating.

Memorials are requested for the family of R. Allan Presley.

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A coach with several state championship group swimming and diving teams in Ohio, he enjoyed swimming and diving.

Survivors include his wife, Shirley (Haven) Huffstutter, formerly of Granite City, where he resided from 1948; two sons, John Huffstutter of Danville and Robert Huffstutter of Danville, Central America; one daughter, Jan Huffstutter of Mammoth Lakes, Calif.; one sister, Georgina McMillan of Granite City; and four grandchildren.

He was preceded in death by his parents, Clyde and Ruth Huffstutter.

Per Mr. Huffstutter's wishes, his ashes will be scattered at sea during services to be held on Friday morning, April 7.

A memorial service will be held at 2 p.m. Saturday, April 8, in Danville. Memorials are requested for the American Cancer Society or to the local hospice.

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illness. He was born Aug. 6, 1939, in Venice and had been a resident of Granite City for 39 years.

An inspector, John Matheson in East Alton for 26 years prior to his retirement in 1994, he was a member of Tri-County Lodge 836 Masonic Lodge in Granite City, Scottish Rite Bodies of Southern Illinois, Ainal Temple, Tri-City Shrine Club, International Association of Machinists and Aerospace Workers Local 660 and the International Order of Odd Fellows Six Mile Lodge 87, where he served as a past noble grand. He was of the Protestant faith.

Survivors include his mother, Dorothy (Gray) Edwards of Granite City; two sisters, Martha Praggatz of Granite City and Mary Sturm of Godfrey; two nephews; and two nieces.

He was preceded in death by his father, Winfred "Ed" Edwards.

The family will receive friends at 6 p.m. Thursday at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, where a memorial service will be held at 7:30 p.m. Thursday with the Rev. Leon Belt officiating.

A Masonic service will be held at 7 p.m. Thursday at the funeral home. Memorials are requested for the Shriners' Hospital for Crippled Children.

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Orlando, Fla. Services are at 9 a.m. today, Wednesday, at Holy Family Catholic Church, 2806 W. Washington Ave., Granite City, with the Rev. William Fliskeller officiating.

Burial will be in Calvary Cemetery, Glen Carbon. Arrangements are by Irwin Chapel, Granite City. Memorials are requested for the Chemical Dependency Services of St. Elizabeth Medical Center in Granite City.

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
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Ribbon cuttings



(Staff photo by PAM DOEPKE-HURD)

Grand Opening — Heilig-Meyers Furniture held a grand opening ribbon cutting prior to letting customers into their store on March 9. From left are Chad LaMendola, St. Charles store manager; Robin Thomas, Tri-Cities Area Chamber of Commerce Women's Division president; Mike Skoklo, Chamber Ambassador; Bob Hudgins, Heilig-Meyers major market supervisor; Kyle Parker, store manager; Deborah Parker, wife of store manager; R. C. Busch, Chamber executive vice-president; Mayor Ron Selph and Terry Berry, manager trainee. Heilig-Meyers Furniture is located in the Crossroads Shopping Plaza and is opened Monday through Friday from 9 a.m. to 9 p.m. and Saturdays from 9 a.m. to 6 p.m.



(Staff photo by PAM DOEPKE-HURD)

Ribbon cutting held — A ribbon cutting was held for the Rock Creek Center at 2350 Benton Ave. From left are Janet Mills, Tri-Cities Area Chamber of Commerce Ambassador; Don Jones, community liaison; Peggy Feinberg, social worker; Mayor Ron Selph; Dr. Thwan H. Han, Kiem Han, Dr. Han's wife; Lydia Wright, receptionist; Carol Donif, office manager and R. C. Busch, Chamber executive vice-president. Rock Creek Center is located at 2350 Benton Ave. and offers a full spectrum of psychiatric services, including individual, family and couples therapy; adolescent service; medication management and consultation service; vocational counseling; psychological testing and Adolescent prevention/intervention program. For more information call 877-ROCK.

Certified in eye specialties

Dr. Edward A. Doisy, a member of the medical staff at St. Elizabeth Medical Center in Granite City, recently received certification in cataract and implant surgery from the American Board of Eye Surgery.

Doisy, an ophthalmologist, has operated a practice in the St. Louis Metro East area for the past 18 years. He is a member of no fewer than 12 local and national medical societies.

Doisy's office is located at 12 Nantux Village. He can be contacted at 451-7925.

SBA has loans available for women

The Small Business Administration has announced the availability of loans for women who operate small businesses and those who anticipate establishing a small business. Application may be made through the Small Business Development Centers at Southern Illinois University at Edwardsville and Lewis and Clark Community College in Godfrey.

The loan program is designed for women business owners who are starting or expanding a business, and have credit needs not exceeding \$250,000. Alan Hauff, director at the SBA's Small Business Development Center, said the business must be credit-worthy and demonstrate good cash flow. In addition, the business owner must have sound management skills and solid personal credit.

Funds may be used for the purchase of inventory, machinery and equipment, fixtures and furniture, business debt refinancing and working capital.

The centers will assist prospective women borrowers in developing a viable loan application package. Hauff said. Applications can be submitted directly to the Small Business Administration for expedited consideration of a loan pre-qualification.

Additional information may be obtained by contacting Alan Hauff at SBA, 892-2929 or Bob Duane at LCCC, 466-3411, Ext. 4610.

Granite City Steel, SEMC join forces on health care

In a partnership unique to this area, Granite City's number one and number two employers have joined forces to provide health care services.

National Steel has contracted with Providence Occupational Health Service, the for-profit sister corporation of St. Elizabeth Medical Center and member of St. Elizabeth Health Services, to manage the health care responsibilities at the Veeder Health Clinic.

"We are proud to announce this partnership, which took effect Feb. 1," said Ginny Lepping, executive vice president and chief operating officer of Providence.

"When many companies are being forced to eliminate on-site health care, we have found a way to come together to maintain the clinic under new management," said Ben Johannpeter of Granite City Steel.

The clinic's current staff will be maintained and become associates of Providence. The staff includes Glenda Moore, nurse manager; occupational health nurses, Ruth Schrader, Lynn Canada and Debbie Pickett; and the clinic secretary, Debora Bradley.

Providence is pleased to add to our health care ranks this very qualified and well-trained group of occupational health professionals. They will enhance the resources Providence has to offer," Lepping said. "It is a very natural relationship. All of the nurses have worked at St. Elizabeth at some time and live in the community. We look forward to enhancing services through shared resources."

The Veeder Health Clinic is in operation from 8 a.m. to 6 p.m. Monday through Friday. On weekends, it is open from 8 a.m. to 4 p.m. It offers occupational

and nonoccupational treatment. Providence has been involved with providing contract physician and nursing staff for Veeder for several years.

"National Steel is committed to producing high quality steel cost effectively and high quality health care for their employees. Both goals can be realized through their partnership with Providence and Saint Elizabeth Health Services," Lepping said. "Over time, employees may notice an expansion of service with St. Elizabeth Medical Center's resources, we hope to offer more services than the clinic could provide independently. For now, we expect a seamless transition since we will have the same personnel at the clinic."

Providence is a comprehensive occupational health care service, exclusively provided to a broad spectrum of companies in the Metro-St. Louis area.

New department to direct quality control at hospital

Quality care is the main goal at St. Elizabeth Medical Center, in Granite City.

Throughout the years, the medical center has sought the best physicians and associates, the newest technology and the most efficient and cost-effective ways of delivering care to their patients.

In another step toward improving quality, SEMC has created a new department to guide the continuous quality improvement process: Julia Rogliano will direct the organizational performance improvement department. She will be working with Marcia Walker, risk manager, who will continue to coordinate medical center-wide quality activities; and Becky Coker, who will be responsible for coordinating the medical staff peer review program.

"I am excited to be involved in developing this program and working with an excellent group of people. I feel we will be able to successfully move the organization into a continuous quality improvement environment," Rogliano said. "The process to develop a

department devoted to quality began with a consultant in October 1993.

"We were looking at reorganizing the medical staff structure and by-laws and improving the medical staff quality program," Rogliano said. "Through the course of events, one issue was identified — the quality program was too decentralized. If we brought the functions into one area, we could establish a more effective, quality program with a more interdisciplinary approach that could look at the medical center's systems and processes throughout all departments, including the medical staff."

Previously, each department had its own program. Each program was separate and reviews were conducted independently. There was no mechanism to communicate findings.

"The new department should reduce duplicated efforts and data collection. It will allow for more effective identification of problems and where they begin because we will be working with the groups that are directly involved in the process,"



Julia Rogliano

Rogliano said. "Also, when we reviewed the 1995 Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) standards, we realized we would have to create this system to move to true continuous quality improvement environment."

The hospital services review committee has been renamed the quality improvement council. Physicians and administrators will now serve on this committee.

Two named to board of SIUE University Park

Two St. Louis corporate executives have been elected to fill vacancies as community directors on the board of directors of University Park at Southern Illinois University at Edwardsville. Elected to the positions were William K. Anderson, executive vice president and senior partner of Fleishman-Hillard, and James C. Carlisle, senior vice president of imaging for Mallinckrodt Medical Inc.

The election was held at a meeting of the members of the not-for-profit University Park Corp. immediately following the SIUE board of trustees meeting at Carbondale.

The newly elected directors will fill vacancies left by the resignations of John McKinney,

president and chief executive officer of Laclede Steel Co., and Robert Baier, president of Unigroup Inc.

University Park, SIUE Inc. is responsible for the development, management, and maintenance of government agencies. Land within the park is available for lease to companies which would benefit from such relationships. The complex is located on the east side of the university campus, adjacent to Illinois 157. A new building, the complex from Illinois 157 is being completed and is scheduled for dedication April 13.

Robert A. Wetzel, president and chief executive officer of TheBANK of Edwardsville, is chairman of the board of

directors. Other officers include vice chairman, L. Thomas Lakin, principal of the Lakin Law Firm; treasurer, Clinton H. Roper, chairman of the board; and president of Madison Mutual Insurance Co.; and secretary, David J. Werner, provost and vice president for academic affairs at SIUE.

Other members of the board include James Brown, chancellor of SIUE; Nancy Belck, president of SIUE; JoAnn Harmon, vice president of corporate administration of Emerson Electric Co.; Gayle Johnson, complex manager of Shell Oil Co.; and Ronald Winney, treasurer of Ralston Purina Co. Brian Donnelly is executive director of University Park.

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Drug called promising for Alzheimer's

Researchers at St. Louis University School of Medicine and 21 other sites in the United States and Canada are studying a promising new drug to treat Alzheimer's disease.

The drug, as yet unnamed, is believed to offer potential benefits, such as slowing the progression of the disease and producing mild improvements in memory and other brain functions with fewer side effects than drugs currently under study or in use.

"This is an exciting new medication with a great deal of potential for patients with mild to moderate Alzheimer's disease," said George Grossberg, M.D., professor and chairman of psychiatry and human behavior.

"While no drug as yet can cure the disease or halt its progression, this drug may help to improve patients' memory, ability to care for themselves and awareness of their environment.

The result may be to buy them and their loved ones more high quality, functioning time."

The drug works by increasing levels of a brain chemical (acetylcholine) that has been found in many studies to be crucial to memory and other higher brain functions.

This chemical is in short supply in the brains of patients with Alzheimer's disease. By increasing the levels of the chemical, the study drug is believed to enhance transmission of nerve impulses in the brain.

The study is open to patients ages 50 and older who have been diagnosed with mild to moderate Alzheimer's disease, are in relatively good health otherwise, and are living at home.

Some participants will receive the study medication; others will be given a placebo, a pill that does not contain the drug.

For enrollment information, call 314-768-2000.

Consumers come to defense of nutritional supplement

Loyal consumers of a controversial nutritional supplement are standing behind the product despite warnings from the U.S. Food and Drug Administration that it could be deadly.

However, the supplement's alleged health hazards should soon be eliminated as supplies using a new recipe come onto the market.

An FDA statement claims Nature's Nutrition Formula One,

manufactured by Alliance USA, contains a potentially lethal combination of the Chinese herb ma huang, an ephedrine similar to amphetamines, and kola nut, which contains caffeine.

Charles Breen, director of the FDA's St. Louis branch, said the agency received more than 100 complaints last year about Formula One, ranging from dizziness and gastrointestinal upset to heart attack and stroke.

However, Breen said, the problem could be worse.

"We've been told of several deaths associated with the product, but that's not been confirmed," he said. "However, medical experts both in and out of the FDA have determined that using Formula One as indicated on the label can cause severe injuries."

The label, which lists ma huang and kola nut as the top two ingredients, suggests adults take one or two capsules twice a day. It includes a warning to people with high blood pressure, diabetes, heart disease and other health conditions to consult their doctor before use.

Breen said the combination of the kola nut and ma huang seems to be the cause of the adverse reactions.

"Ephedrine is a central nervous system stimulant similar to amphetamines, and caffeine is a stimulant also. Both of them in high doses are dangerous."

Formula One supplements made since January no longer contain kola nut, Alliance USA President Mark Taylor said. The change is designed to meet consumer demand for a caffeine-free product, not a result of the FDA investigation that began last May, he said.

"People who like to limit their intake of caffeine have asked us for some time for a decaffeinated supplement. We carry another dietary supplement containing kola nut, and it would be redundant to have two. We've had an overwhelming response to it," Taylor said.

Sandy Bohnenstiel of Alton has been taking and selling Formula One and other Alliance USA products for more than a year. She said since then, her health has improved dramatically. She credits the supplements for her improvement.

"I had chronic heartburn, and I had been taking blood pressure medicine for about nine months," she said. "Since last March, when I started taking this, I've lost 30 pounds, my cholesterol dropped 32 points and I no longer have to take Rolaids. This has been like a miracle."

drug for me and my life."

Bohnenstiel, who said her customers include lawyers, stockbrokers and factory workers, said her husband, Dan, also has been taking the black capsules for a year to help his health problems.

"He has heart trouble, and he takes it with no problem."

Despite the FDA report, Bohnenstiel said she cannot keep enough Formula One on hand to meet the increasing demand.

"My biggest problem is keeping it in stock. I've sold 76 bottles in the past month," she said.

About a dozen Nature's Nutrition products are sold by more than 100,000 independent sales people across the United States.

Taylor said the FDA report is without merit.

"We stand by this product. It's absolutely safe to use," he said from his office in Richardson, Texas. "We have millions of satisfied customers. I take it myself, as do most of my employees, friends and loved ones. We are a health- and wellness-oriented company, and we always put the consumers' well-being first."

Susan Meisenheimer of Godfrey said she has been taking two capsules of Formula One daily since July with no ill effects.

"If anything, it seems to calm me down when I have anxiety."

Taylor said he does not understand why his company's product was singled out for FDA scrutiny when more than 75 other products containing both kola nut and ma huang are sold daily.

"At the time this (investigation) began, (Formula One) was not particularly popular product of its type on the market. Our growth was phenomenal. Maybe that was a motivation. But people will misuse anything, and that's a potential in this case, as well," he said.

Bohnenstiel said she will continue selling the new version of Formula One, since she and her 160-plus clients have not suffered adverse reactions.

"I've been selling it for a year, and I'll continue to sell it and continue to take it. I don't know of one person who has had a problem taking it."

Consumers who would like a refund on bottles of Formula One with the controversial combination of ma huang and kola nut should call Alliance USA at (214) 768-4994.

— From the Alton Telegraph

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

WE'RE CELEBRATING OUR SIXTH BIRTHDAY

JOIN IN THE FUN AND FROLIC WITH BIRTHDAY BASH BARGAINS GALORE! TO CELEBRATE SIX YEARS OF OFFERING OUR CUSTOMERS FIRST QUALITY, FASHIONABLE SPORTSWEAR AT TERRIFIC PRICES, WE'RE THROWING A PARTY! THE DEALS ARE FANTASTIC AND EVERYTHING, AS ALWAYS IS \$10 OR LESS! HURRY IN FOR BEST SELECTION!

JUNIOR'S & MISSES' FAMOUS MAKER
DENIM SHORTS
ONLY \$10
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MEN'S DINER & SANTANA
SHORT SLEEVED HOODED WOVEN SHIRTS
ONLY \$7
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JUNIOR'S
SLIP DRESSES
ONLY \$10
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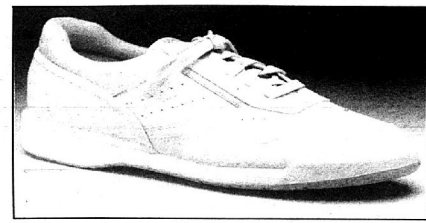
MEN'S
FIVE POCKET BASIC DENIM SHORTS
ONLY \$10
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CROSSROADS CENTRE MON.-SAT., 9-9 SUN., 12-5
MASTERCARD VISA
\$10 AND LESS
First Quality Fashions
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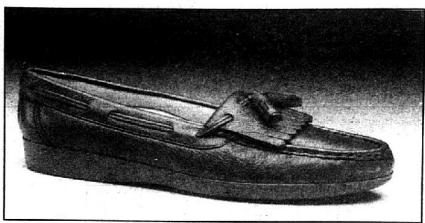
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Rockport SALE for men and women...

SALE THROUGH SUNDAY, MARCH 26



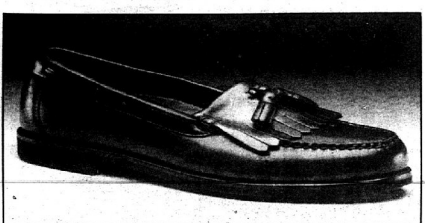
MEN'S AND WOMEN'S 7100 PROWALKERS...
WHEAT, WHITE & BLACK: NARROW, MEDIUM & WIDE
compare at \$70 **compare at \$66**
SALE 56.90 **SALE 52.90**



WOMEN'S "DIANA" W2470 COMFORT KILT TASSEL...
compare at \$66 **BLACK AND NAVY NARROW, MEDIUM AND WIDE**
SALE 52.90



MEN'S 3670 DRESSPORTS WINGTIP & PLAIN TOE...
compare at \$110 **BLACK & BURGUNDY SIZES: N9-12, 13 M8-12, 13, 14, 15 W8-12, 13**
SALE 87.90



MEN'S 2897 DRESSPORT KILTIE TASSEL...
compare at \$100 **CORDOVAN SIZES: N9-12, 13 M8-12, 13 W8-12**
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Parent-teacher conferences April 3

Parent-teacher conferences will be conducted at Granite City High School on Monday, April 3. Conferences will be held from 1-4 p.m. and from 5-8 p.m. Parents are encouraged to attend. Report cards will be distributed at the conferences.



Back Talk

by Dr. Warren A. Stewart, Jr.

THE HOLISTIC APPROACH TO HEALTH

More than 15 million Americans turn to chiropractic care annually for the natural and drug-free treatment of pain, backaches, injuries, trauma, and certain internal disorders of the body. The foundation of chiropractic's approach is the relationship between the spinal column (and the musculoskeletal structures of the body) and the nervous system. When misalignments (known as subluxations) in the spine occur, they can cause nerve interference. These interruptions in the normal flow of nerve energy can, in turn, cause pain and lower the body's defenses. By removing subluxations and restoring normal nerve function, chiropractic strives to optimize the body's inherent ability to heal itself.

At the office of WARREN A. STEWART, JR., D.C., we normalize the nerve supply to the human body through adjustments of spinal subluxations. When the body is free of nerve pressures normal function returns, and the body's self healing process restores health to the tissues and organs affected. We're located at 10251 Lincoln Trail, Suite 12, Fairview Heights, where pain relief and wellness for the entire family is our main concern. Please call 398-2121, M-F 8am-6pm.

P.S. Chiropractic is the second largest primary health care field in the world.

Washington University School of Medicine Department of Psychiatry

Volunteers are needed for an outpatient study to assist in the evaluation of an investigational medication for the treatment of:

ALZHEIMER'S DISEASE

To qualify patients must:

- Be less than 90 years of age
- Have a history of memory loss for at least six months
- Be able to care for self with minimal assistance
- Have a regular caregiver to monitor progress

Qualified volunteers will receive at no cost: medical evaluation, diagnostic tests and follow-up visit

To volunteer please contact:

Raj Nakra, M.D., Pat Deppen RN, MA, or Kimberly Cooper

(314) 362-2416 or Fax (314) 361-0743

LOCAL NEWS

Crown begins airing singles service

By Scott Cousins
Staff writer

Singles looking for love can now turn to their local cable TV station.

Crown Cable in Maryville recently started airing The Dating Network at 6 and 11 p.m. Saturday and Sunday evenings on Channel 3.

People seeing an ad for a potential date on the show can participate by dialing a 1-900 number. There is a \$2 per minute charge for anyone answering an ad.

The Feb. 26 broadcast was designed to attract participants. The first actual program was aired March 4. The first show featured 25 ads, according to Randy Smith, the station's programming and production manager.

"The Dating Network represents the fastest and most secure way for our customers to meet compatible companions in this area," Smith said.

"It's the best way we could find to fill this

important need for the 30-plus percent of our customer base that is single or single again.

He said the program is similar to what customers would find in a newspaper.

"We don't expect it to be a big money maker, but we're doing more as a service to customers," Smith said. "As you can tell by looking at local papers, it (the singles section) is very popular."

Smith said it is impossible for the local cable company to measure the program's success because it is actually produced by a Worthington, Ohio, company.

The company, Worthington Video Services, produces similar shows in more than 100 cable markets ranging from 20,000 to 300,000 viewers, said Jeff Lusk, the company's director of marketing.

He said the company produces "the only show in the industry specifically designed for cable TV."

According to research, viewers want something that looks like real television —

"not just graphics," he said.

He also said the service is safe because it is a voice-mail system and participants don't have to respond.

To participate, singles call 1-800-949-DATTE (949-3283), to place their free 20-word personal ad and a free voice greeting message. The 20-word ad is what appears on The Dating Network show.

Within 10 days they will receive an instruction brochure detailing the entire service. The information also includes a confidential personal access code to retrieve ad responses.

Viewer respond to ads by calling 1-900-454-7844. These calls cost \$2 per minute. All callers must be 18 or older and use a touch-tone telephone. Both lines are available 24 hours per day.

Worthington Video Services and the local cable company split profits from the telephone calls.

SIUE plans trip to Australia

Southern Illinois University at Edwardsville will sponsor a travel study trip to Australia this summer, June 21 through July 13. The instructor for the course will be Robert Williams, professor of curriculum and instruction.

Sponsored by the School of Education, the trip is designed for elementary and secondary teachers who wish to expand their teaching skills and see how education differs in other lands.

Content of the study will include exploring the natural, educational, and cultural aspects of Australia. The trip may be taken for academic credit or under the Educare Program. Arrangements can be made to accommodate participants wishing to visit other countries at the completion of the course.

Airfare for the roundtrip between Los Angeles and Sydney, Australia, is \$1,665. Land costs, which include lodging, land transportation and selected activities, is \$1,100 per person. Tuition for three hours of academic credit at in-state rates is \$303.15, or \$35 through Educare registration.

Places to be visited include Sydney, Canberra, Adelung, Wagga Wagga, Mildura, Broken Hill, Adelaide, Alice Springs, Ayres Rock, Cairns and Kuranda. Workshops will be held at various schools throughout the trip. In addition, participants will spend a day with an Australian teacher counterpart in their school setting and be introduced to the internationally-recognized "School of the Air," education programs developed for students who live on isolated ranches. Participants also will have the opportunity to watch the sun set and rise at the famous Ayres Rock in Uluru, explore the Great Barrier Reef, see kangaroos, emu, penguins and dingos, visit the national Capitol building and Parliament House in Canberra, and explore Old Town in Sydney.

Additional information may be obtained by contacting Robert Williams in the SIUE School of Education at 692-3788, or FAX 692-3359.

Bill called boost to health care

Lower employer costs and portability for employees are among the highlights of a health insurance reform package recently announced in Springfield by Illinois House Democrats.

State Rep. Steve Davis (D-Bethalto) says the proposal is a win-win situation for both business people and workers.

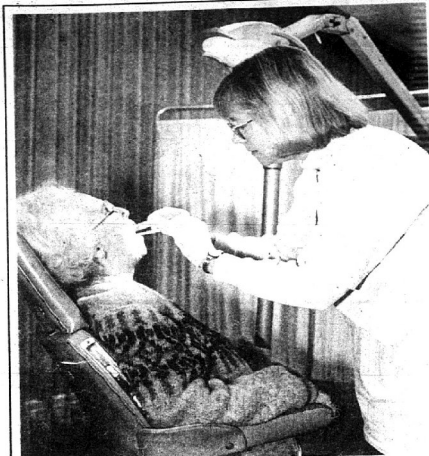
"One provision of the plan would allow employers to join a Health Purchasing Group to provide the same or better coverage at lower costs. The bigger the number of people participating in a group-plan, the lower the costs," Davis said. "Through pooling smaller businesses will see similar cost savings enjoyed by big companies."

"One of the major hurdles for workers who lose their job or take another job is the 'preexisting condition' limits in most health insurance policies," Davis said. "Under this proposal, an employee can gain a 'preexisting condition credit' which will carry over to any other health insurance plan."

Although exact figures still need to be worked out, Davis said the plan would also open up the state's Comprehensive Health Insurance Program (CHIP) to more people.

"The CHIP program provides coverage for people who cannot get health insurance due to a catastrophic illness. The administrators of the CHIP program are working on the information we need to make the program accessible to more people," Davis said.

The final provision of the package would allow a health insurance tax credit for people who are self-employed.



Open up — Ciella Schreiber of Granite City receives a dental checkup from Dr. Janet Doerr of Edwardsville during the annual senior citizens fair held recently at Southern Illinois University at Edwardsville. More than 3,000 seniors turned out for the event, which included a variety of senior citizen entertainment groups, including barbershop quartets, gospel and choral singing, special dance troupes and variety acts. The fair also included social services and health information tables, craft tables, workshops and preventive health screenings, including those for diabetes, anemia, blood pressure, oral health, glaucoma, cataracts, cholesterol and hearing.

ALL DOLLED UP

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Hours: Tues-Sat 10:30-5:30 Inside Cottonwood Mall

Thurs 10-5, Sun 12-5, 1st Floor, 1st Floor

692-1706 All Dolled Up

Hey, Mom.
Yours Is Free!

Free Makeover Photo Session With \$9.95 Kids' Session!

Children's special makeover and photo session includes a FREE session for mom's "You're the Boss" look.

- Professional make-up and hairstyling
- Special wardrobe selections
- Fun photo session
- Instant color video proofs

Call for an appointment.
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Sessions guaranteed. *Not a hair cut. *Not a wash. *Not a trim. *Not a blow dry. *Not a hair treatment. *Not a hair color. *Not a hair perm. *Not a hair relaxer. *Not a hair straightener. *Not a hair curler. *Not a hair dryer. *Not a hairbrush. *Not a hair comb. *Not a hair tie. *Not a hair clip. *Not a hair accessory. *Not a hair product. *Not a hair oil. *Not a hair cream. *Not a hair gel. *Not a hair wax. *Not a hair spray. *Not a hair shampoo. *Not a hair conditioner. *Not a hair treatment. *Not a hair color. *Not a hair perm. *Not a hair relaxer. *Not a hair straightener. *Not a hair curler. *Not a hair dryer. *Not a hairbrush. *Not a hair comb. *Not a hair tie. *Not a hair clip. *Not a hair accessory. *Not a hair product. *Not a hair oil. *Not a hair cream. *Not a hair gel. *Not a hair wax. *Not a hair spray. *Not a hair shampoo. *Not a hair conditioner. *Not a hair treatment. *Not a hair color. *Not a hair perm. *Not a hair relaxer. *Not a hair straightener. *Not a hair curler. 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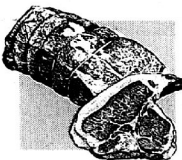


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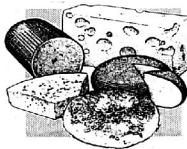
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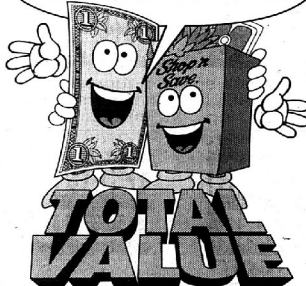
Our meat experts carry only USDA Choice beef plus Grade "A" poultry and the finest pork.



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You'll find a wide selection in our deli of the finest quality meats, cheeses, salads and more. In our seafood shop you'll experience a complete selection of fresh seafood from around the world. And our bakery carries fresh from the oven breads, pies, pastries and more. Just follow the wonderful aroma!

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FEED UP TO 4 FOR \$2.00 EACH

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ST. LOUIS.....2629 S. Jefferson
ST. LOUIS.....6210 W. Florissant
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\$2.00 PLUS TAX

2-PIECE DINNER DEAL

- 2 pieces of chicken, mixed
- Mashed potatoes & gravy
- 1 homestyle buttermilk biscuit

Limit 4. Not valid with any other offer or discount. Good for a limited time.

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2-PIECE DINNER DEAL

- 2 pieces of chicken, mixed
- Mashed potatoes & gravy
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REGISTER TO WIN GRAND PRIZE: GARDEN TRACTOR

TO BE GIVEN AWAY LABOR DAY WEEKEND, MARCH 1 - SEPTEMBER 1995
A LAWN MOWER WILL BE GIVEN AWAY AT THE END OF MARCH, APRIL, MAY, JUNE, JULY AND AUGUST.
(THREE (3) LAWN MOWERS WILL BE GIVEN AWAY MONTHLY TO AREA K-MART STORES, A TOTAL OF EIGHTEEN (18) WILL BE GIVEN AWAY DURING THE PROMOTIONAL PERIOD.)

Kmart's 4 BAG PROGRAM

GARDEN CENTER OPENS 8 AM SAT. & SUNDAY

Turf Builder Plus Halts®
Lawn Fertilizer
Crabgrass Control

5,000 cu. sq. ft. bag **12.97**
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5,000 cu. sq. ft. bag **9.97**
10,000 cu. sq. ft. bag **19.88**
15,000 cu. sq. ft. bag **29.97**

Turf Builder
Lawn Fertilizer

5,000 cu. sq. ft. bag **6.97**
10,000 cu. sq. ft. bag **13.88**
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Turf Builder
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5,000 cu. sq. ft. bag **6.97**
10,000 cu. sq. ft. bag **13.88**
15,000 cu. sq. ft. bag **19.97**

BUY ALL 4!
15,000 sq. ft. **99.88**

ALL 4 BAGS 5,000 sq. ft. \$36.88

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40lb BAG **1.49**
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Births

Kelbi Merchant
Gail Varady of Granite City has announced the birth of her second child, a daughter.
Kelbi Allyn Merchant was born at 9:12 a.m. Sept. 9, 1994, at Lutheran Medical Center, St. Louis, and weighed 8 pounds, 6 1/2 ounces.
The grandparents are Tim and Karen Varady of Granite City. Rose Varady of Granite City is the great-grandmother.
Kelbi joins Jordan, 18 months.

Phillip Haynes
Donna Lynn Haynes and Edward Earl Haynes Sr. of Granite City have announced the birth of their second child, a son.
Phillip Henry Haynes was born at 8:45 a.m. Feb. 11, 1995, at St. Elizabeth Medical Center and weighed 7 pounds, 5 ounces.
The mother is the former Donna Lynn Sorenson.
Maternal grandparents are Phillip and Myrtle Sorenson of Granite City. Paternal grandparents are Henry and Kitty Haynes of Kaufman, Texas.
Phillip joins Edward Earl Haynes Jr.

Kayla Thomason
Mike Thomason and Laura Gaddy, both of Madison, have announced the birth of a daughter.
Kayla Marie Thomason was born at 1:46 a.m. Feb. 18, 1995, at St. Elizabeth Medical Center and weighed 5 pounds, 6 ounces.
Maternal grandparents are

David and Felicia Gaddy of Granite City. Paternal grandparents are John Thomason and Kathy Diak, both of Granite City.
Kayla joins Chelsea Thomason, 3.

Torry Williams
Corry Williams Sr. and Tunisia Williams of Venice have announced the birth of their second child, a son.
Torry Devon Williams was born at 8:02 a.m. Feb. 18, 1995, at St. Elizabeth Medical Center and weighed 5 pounds, 11 ounces.
The mother is the former Tunisia Williams.
Maternal grandparents are Ertha Williams of Venice. Paternal grandparents are Vera Wright and Bonnie Williams, both of Venice.
Torry joins Corry D. Williams Jr.

Brady Rose
Bill and Angela Rose of Granite City have announced the birth of their first child, a son.
Brady Thomas Rose was born at 2:40 p.m. Feb. 21, 1995, at St. Elizabeth Medical Center and weighed 8 pounds, 5 ounces.
The mother is the former Angela Fleming.
Maternal grandparents are Thomas and Kay Fleming of South Roxana. Paternal grandparents are Richard and Sandra Darr of South Roxana.

Timothy Heady
Timothy Proffitt and Joann Heady, both of Granite City, have announced the birth of their first child, a son.
Timothy James Floyd Heady was born at 12:31 p.m. Feb. 24, 1995, at St. Elizabeth Medical Center and weighed 8 pounds, 7 ounces.
The mother is the former Chana Murray.

Shelby Estabrook
Thomas and Chana Estabrook of Pontcharc Beach have announced the birth of their second child, a daughter.
Shelby Lynn Estabrook was born at 2:24 a.m. Feb. 26, 1995, at St. Elizabeth Medical Center and weighed 5 pounds, 5 ounces.
The mother is the former Chana Murray.
Maternal grandparents are Ronald and Terrie Brown of St. Jacob. Paternal grandmother is Clara Estabrook of Anchorage, Alaska.
Shelby joins Joseph Lee, 5.

Alexandria Ballard
Steve and Jackie Ballard of Granite City have announced the birth of their first child, a daughter.
Alexandria Rachel Ballard was born at 7:36 a.m. Feb. 28, 1995, at St. Elizabeth Medical Center and weighed 6 pounds, 8 ounces.
The mother is the former Jackie Morris.
Maternal grandparents are Bill Morris of Granite City and Gloria Saito of Altus, Ark. Paternal grandparents are Gail and Nancy Ballard of St. Louis.

Katelyn Wense
Christopher and Melissa Wense of Granite City have announced the birth of their first child, a daughter.
Katelyn Elizabeth Ann Wense was born at 1:58 p.m. March 1, 1995, at St. Elizabeth Medical Center and weighed 9 pounds.
The mother is the former Melissa Pearman.

Maternal grandparents are Jerry and Gwen Fuller of Granite City. Paternal grandparents are Jesse and Linda Wense of Granite City.
Katelyn joins Zachary Pearman, 3, and Brett Pearman, 2.

Keith Zimbelmann
Keith Zimbelmann I and Crystal Zimbelmann of Granite City have announced the birth of their first child, a son.
Keith Allen Zimbelmann II was born at 1:14 p.m. March 1, 1995, at St. Elizabeth Medical Center, and weighed 7 pounds, 2 ounces.
The mother is the former Crystal Miller.
Maternal grandparents are Elmer and Alice Hull of Granite City. Paternal grandparents are Harry Zimbelmann of Cottage Hills and Etta Solomon of Granite City.

Nikki Rogers
Wesley and Toni Rogers of Staunton have announced the birth of their third child, a daughter.
Nikki Lynn was born Dec. 7, 1994, at Anderson Hospital in Maryville. She weighed 9 pounds, 9 ounces, and joins Cody, 6, and Santia, 4.
Her maternal grandparents are Jack Henley and Pat Henley, both of Caseyville.
Wesley and Loretta Rogers of Mulberry Grove are the paternal grandparents.

Timothy Depp
Tim and Erin Depp of Troy have announced the birth of their fourth child, a son.
Timothy Harold Jr. was born at 6:26 a.m. Nov. 16, 1994, at Anderson Hospital in Maryville. He weighed 7 pounds, 5 ounces, and joins Laraine, 12, Chad, 11, and Lauren, 7.
His maternal grandparents are Frank and Nancy Gavilliet of Collinsville.
Connie Depp of Granite City and the late Harold Depp are the paternal grandparents.

Alexander Hartline
Randall and Kathleen Hartline of Granite City have announced the birth of their first child, a son.
Alexander Ryan was born at 3:58 p.m. Nov. 21, 1994, at Anderson Hospital in Maryville. He weighed 7 pounds, 8 ounces.
Terry and Sandy Valencia of Granite City are the maternal grandparents.
The paternal grandparents are Carroll and Sharon Hartline of Granite City.

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EXTRA I other leve problems, t continues to At a rece 10-team lea season-ope with East S Millstadt at Alton at Wa at Granite C

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As long continues, V without the pickling lea recent year featured pit and Larry R Shukles in th training can Righthand former O'F also is in th Fla., camp.

(Art Vo baseball an O'Fallon Hi a twice-wee Journal.)

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Section B

BASKETBALL

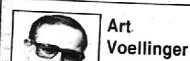
Mitchell Athletic Club
results and standings.
Page 4B

LOCAL JOURNAL SPORTS

WEDNESDAY, MARCH 22, 1995
GRANITE CITY JOURNAL

BASEBALL

Warriors open season
against East Moline.
Sunday



Art
Voellinger

Statue to honor Kassebaum at EIU

In the history of Eastern Illinois University basketball, no player — man or woman — has accumulated more points, assists and steals than Nancy Kassebaum of Belleville.

From 1979 through 1983, the former Belleville East all-star tallied 1,865 points, 711 assists and 495 steals.

THOSE FIGURES were good enough to earn her a place in the EIU Hall of Fame. But Nancy, the person, made such an impression that on April 22 a statue in her likeness will be unveiled during ceremonies on the Charleston campus.

"Actually, the statue is to be in recognition of women's athletics here," said EIU sports information director David Kidwell.

The idea for the statue came from Glenn Williams, a retired EIU vice president of student affairs. A resident of Colorado Springs, Williams devoted more than 30 years to EIU in various capacities, but nothing matched his loyalty to women's sports.

The 10-foot statue was made to the likeness of a photograph of Kassebaum and will feature her uniform No. 13.

"I'm not exactly sure where the statue will be placed," Kidwell said.

My guess is, if contributor Williams has his way, the statue will stand outside the 6,200-seat Leitz Gym on the EIU campus.

OVERTIME: Currently in charge of cardiac rehabilitation at St. Elizabeth's Hospital in Belleville, Nancy also played shortstop on Eastern's softball team — and even helped the school to a third place finish nationally.

A premier athlete at Belleville East, Nancy lettered in basketball, softball, track and tennis. In 1978, in her first year of tennis competition, she advanced to the state finals with doubles partner Donna Farley.

EXTRA INNINGS: While other levels of baseball have had problems, the Mon-Clair League continues to chug along.

At a recent meeting, the 10-team league set May 21 for season-opening doubleheaders with East St. Louis at Belleville, Millstadt at Edwardsville, East Alton at Waterloo, and Valmeyer at Granite City.

In addition to playing twinnings on the Sunday and Monday of Memorial Day weekend, teams will play back-to-back doubleheaders on June 10 and June 11.

The Valmeyer Invitational tournament will run July 1, 2 and 4, with the all-star game slated for July 16 in Waterloo.

Due to a schedule conflict at Longacre Park in Fairview Heights, the league will hold its double-elimination playoffs at a selected site.

As long as the baseball strike continues, Waterloo will be without the services of '94 M-C pitching leader Larry Shikes. In recent years, the club also featured pitchers Bo Champagne and Larry Pierson, who are with Shikes in the Cardinals spring training camp.

Right-hander Ernie Baker, a former O'Fallon High standout, also is in the St. Petersburg, Fla., camp.

(Art Voellinger is the baseball and soccer coach at O'Fallon High School. He writes a twice-weekly column for the Journal.)



Senior Marci Holsinger will start in goal for the Lady Warriors, who open the season Friday against Incarnate Word.

GRANITE CITY LADY WARRIORS 1995 Soccer

March	
24 Incarnate Word.....	4:30 p.m.
25 at Alton.....	1 p.m.
27 at Roxana.....	4 p.m.
30 at Wood River.....	4:30 p.m.
April	
4 Collinsville.....	4:30 p.m.
7 Belleville West.....	4:30 p.m.
11 Belleville East.....	4:30 p.m.
13 Alton.....	4:30 p.m.
17 McCluer North.....	4:30 p.m.
24-29 St. Dominic Tournament.....	TBA

May	
2 at Belleville East.....	4:30 p.m.
4 at Hazelwood Central.....	4 p.m.
6 Chatham Glenwood.....	11 a.m.
8 at Collinsville.....	9:30 p.m.
16 at Belleville West.....	4:30 p.m.
17 at Palton.....	4:30 p.m.

May 23-29, Sectional Tournament
June 2-3, State Tournament



Senior striker Holly Farnsworth (right) returns for her final year with the Lady Warriors.

Seniors ready to strike with Lady Warriors

Granite City girls seeking third straight trip to state

By Tony Panozzo
Staff writer

With two fourth-place finishes in three state tournament appearances over the past four years, the Lady Warriors have been on the verge of joining their male counterparts and bringing a state championship home to Granite City.

After winning back-to-back sectional titles and placing fourth at state last season, the Lady Warriors return an experienced nucleus of players and look to continue their quest this season. Granite City, seeking its third consecutive trip to state, opens the season Friday at home against Incarnate Word Academy.

"We have a good nucleus we return from a good team," said Granite City coach Gene Baker, who enters his eighth year with the Lady Warriors with 9 boys' state titles. "We'd love to get back to the state tournament and make some waves."

"If WE CAN become a cohesive unit, we could do real well. The girls have improved their overall game."

The Warriors finished last season 18-2 after a 3-1 loss to Palatine in the third-place game at state at Conant High



Senior Staci Dowdy led GCHS in scoring last year with 16 goals.

School in Hoffman Estates. After defeating Collinsville for the Co-Inslee Sectional title, Granite City advanced to the state quarterfinals and knocked off Libertyville on penalty kicks before losing to Naperville Central 3-0 in the semifinals.

(See LADY WARRIORS, Page 3B)

Wrestlers dominate all-SWC team

By Tony Panozzo
Staff writer

The Illinois High School Association's decision to end the 1994-95 wrestling season last month left Granite City with plenty of unfinished business. But the Warriors had little left to prove among area teams.

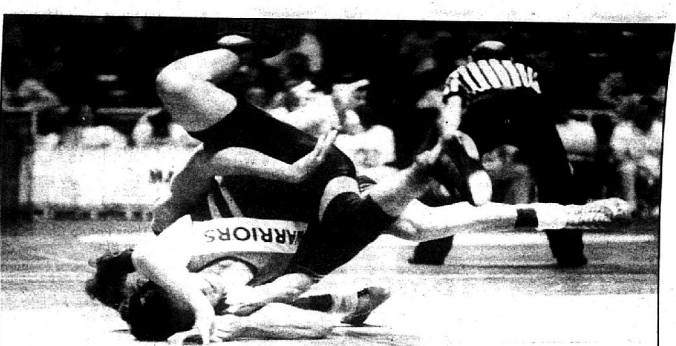
Granite City, which won its fourth Southwestern Conference title, landed its entire 13-man roster on the all-SWC team. The Warriors dominated the voting and had 10 wrestlers named to the first team.

Granite City finished the season with a perfect 25-0 dual record. The Warriors were ranked first in the final Class AA poll and were heavily favored to advance to the IHSA dual-team state tournament for the second straight year.

BUT THE IHSA canceled the entire dual-team series after refusing to allow participation by Chicago Mount Carmel, which gained a court injunction after being ruled ineligible for state.

The Warriors ended the season in Champaign with the Class AA individual state tournament, where they produced four place winners and one of their top performances in school history.

Slay, a senior who won the 130-pound state title, was named to the first team for the third consecutive year. Buchek, a senior who placed second at 171, also



Granite City 189-pounder John Sellers tangles with an opponent at last month's individual state tournament. Sellers, a junior, made the first all-Southwestern Conference wrestling team.

Among Granite City's first-teamers on the all-SWC team were state place winners Tim Fulkerson, T.J. Slay, Tony Buchek and Chris Janek. Fulkerson, a senior, placed fourth at state at 112 pounds.

Slay, a senior who won the 130-pound state title, was named to the first team for the third consecutive year. Buchek, a senior who placed second at 171, also

made the first team for the third straight year. Janek, a junior, was named to the first team after placing sixth at state at heavyweight.

Senior 135-pounder Brian Schooley, a state qualifier, was also named to the first team.

JUNIOR STATE qualifiers Bob Chaussett (103), Jeff Estrada

(145), John Venne (152), John Sellers (189) and junior 140-pounder Kevin Feigenbutz rounded out Granite City's first-team selections. Junior 160-pounder Joe Scott, a state qualifier, made the second team.

Sophomore 119-pounder Mike Glover and junior 125-pounder Mark Mendenhall both made honorable mention.

GC grapplers qualify 21 for state

The Granite City Wrestling Club qualified a team-record 21 wrestlers for the Illinois Kids Wrestling Federation state tournament with a dominant performance Saturday at the Vandalia Sectional.

Granite City will send 21 wrestlers to this weekend's state tournament at Illinois State University's Redbird Arena in Normal. The team produced seven sectional champions Saturday.

The number of qualifiers topped last year's record total of 15, and is believed to be an IHSA record. Coach Allen Kirgan said Granite City had 13 state qualifiers in senior competition (ages 13-14) and 8 qualifiers in novice competition (ages 10-12). The two-day tournament begins Friday.

QUALIFYING for senior competition last weekend were Gary Oxford, first at 79 pounds; Josh Mercer, third at 79; Rich Carney, third at 84; Ryan Worthen, first at 85; Pat Sparks, first at 101; Justin Hale, second at 108; Brooks Narvaez, first at 130; George Kirgan, second at 130; Matt Levart, second at 147; Kevin Venne, first at 156; Nick Patrick, first at 177; Mark Berossini, third at 189; and Ben Temple, first at 275.

Granite City's novice qualifiers were Steven Peach, first at 62; Tom Tedesco, third at 86; Jake Tipton, second at 70; Chad Wilson, second at 84; Zack May, first at 89; Mark Venne, second at 122; Pat Jarman, second at 130; and Jason Newman, first at 230.

Granite City won the team title in senior competition but finished second to Belleville in the novice team standings. Belleville and Granite City both qualified eight novice wrestlers for state.

Granite City will bring four returning state qualifiers to Normal this weekend — Oxford, George Kirgan, Venne and May. Oxford placed fourth at 74 pounds last year. Kirgan placed sixth at 129, Venne second at 115. May placed fourth at state two years ago.

Earlier this month, Granite City placed second at the IKWF state dual-team tournament for the second straight year. The team is ranked second in Illinois.

Raceway closer to reality in O'Fallon

By Mark Hodapp
Staff writer

While the race is far from over, O'Fallon may soon be headed toward the victory lane.

Midwest Venture Group Inc. (MVG) president Charles Thomas announced during a press conference March 14 that his group plans to build a Midwest Motorplex and MidAmerica Business Center near O'Fallon.

THE PROPOSED motor sports park and office complex would be built near Illinois 156 and Interstate 64, he said.

Thomas, from Belleville, said the project would include a half-mile paved speedway and would feature stock cars. A NASCAR sanction will be sought, meaning the top stock cars could race here, Thomas said.

Thomas said the Motorplex will cost approximately \$2.2 mil-

lion to build, with the business park costing around \$600,000.

The proposed race track will initially seat 6,000. Thomas said the track ultimately will feature 10,000 seats and as many as a dozen luxury boxes.

MVG submitted a proposed pre-annexation agreement with the O'Fallon City Clerk on March 10.

The proposed agreement will be reviewed by the aldermanic community development committee March 29, Alderman Dennis Grimmer said Thursday.

MVG IS SEEKING several items in its pre-annexation agreement with the city, including being in O'Fallon's proposed tax increment financing district (TIF).

If the property does not qualify for the TIF, then MVG would not be required to proceed with the development of the business

park. The city would be required to include MVG's property into the proposed TIF district no later than Oct. 1, unless an extension is approved in writing by the city and MVG.

In addition, MVG is requesting that the city improve the interchange between the frontage road adjacent to the property and Illinois 156. MVG also wants to improve the frontage road by widening it to a full, two-lane, shouldered blacktop road. Under the agreement, the city would have to make both improvements by April 1996.

IF THE TIF district is approved, the city would give MVG 80 percent of those revenues produced on the property for 23 years. The payments would be made on a quarterly basis.

MVG is seeking not to pay any

connection fees for water taps on its property.

The pre-annexation agreement will ultimately need to be approved by the city council. Thomas is optimistic that the building permits would be in place by mid-summer on the race track.

Thomas hopes to have the track open in the spring of 1996. Sites for the business park would be available at that time.

"This is truly a family-oriented facility," Thomas said. "We also anticipate the motorplex will be used for charity events, trade shows, company picnics and other special events."

"It will be designed to meet the needs of a major (corporate) sponsor. While we don't presume to be on par with the St. Louis Cardinals or the Blues, we do intend to be able to meet the requirements of business enter-

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Softball teams needed
Teams are now being accepted on a first-come, first-served basis for men's and coed softball leagues in Madison. Men's teams will play on Tuesday, Wednesday and Thursday nights and coed teams will play on Fridays. The league fee is \$225, and the entry deadline is April 6. For more information, call Jim Broadway at 451-1440.

Hall of Fame seeking players
The Granite City Sports Hall of Fame is seeking players from the 1971-72 state champion Mercer women's softball team and varsity letter winners from the 1987 state runner-up Granite City High School wrestling team. Players' names, addresses and phone numbers are needed. To report information, call Hall of Fame vice chairman Tom Schooley at 452-7122.

MGSA taking donations
The Madison County Girls Soccer Association will be taking donations throughout the area Saturday, March 25. The organization is raising funds to cover costs for field maintenance and officials and other expenses. Donations may be made at 27th and Madison or National, Shop and Save or Schnucks in Granite City.

Mitchell Khoury sign-ups
The Mitchell Athletic Club is extending Khoury League registration through the month of March. Registration will be held from 6-8 p.m. on Tuesday and Wednesday nights at the Mitchell School gymnasium, 316 E. Chain of Rocks Road. All players must register and will be placed on a schedule of at least 10 games are \$25 for T-Ball (ages 5-6); \$30 for softball (8-and-over); \$35 for coach-pitch baseball (age 7); and \$35 for baseball (age 7-Senior League). Anyone interested in managing or umpiring may register or call L. Monroe at 797-1532 for more information.

Pontoon Khoury sign-ups
The Pontoon Beach Khoury League will hold sign-ups for the 1995 baseball and softball season on Mondays and Saturdays through March. Sign-ups will be held from 8-8 p.m. Mondays at the Pontoon Beach Senior Citizens Hall and from 11 a.m.-4 p.m. Saturdays at Tracy's Shirt Shop, 1085 Park Lane. Registration requires an original and copy of child's birth certificate. League fees are \$20 for T-Ball and coach-pitch, \$30 for baseball, \$30 for softball and \$35 for adult softball. Youth players are needed for the 1995 season. Anyone interested in managing, coaching or umpiring may call Tracy at 931-1291 or Kathy at 797-6738.

Madison Khoury sign-ups
The Madison Khoury League will hold sign-ups for the 1995 baseball season at 7:30 p.m. March 28 at the Madison Recreation Center, 7th and Lee



Six students from Mitchell's Tae Kwon Do won their fights on a Feb. 18 kickboxing card at the Elks Club in Belleville. Pictured with instructor Ed Mitchell are (from left) Butch DePew, Ben Bandy, Tom Westbrook and Matt Bandy. The two winners not shown were Jeff Witter and Brad Meyer.

Streets. All youths age 8-and-over must register during one of the two sessions to be eligible for play this summer. All registration forms and fees must be submitted by April 5 to be included on a team roster unless special arrangements are made through the league. For more information, call Joe Garcia at 676-5735 or Scott Odum at 877-8329.

Baseball tournaments
The Dream Fields Inc. Sports Complex will play host to a series of St. Louis-area baseball tournaments open to Atom, Bantam, Midget and Juvenile teams beginning in April. The first tournament, scheduled for April 7-9, is for Atom II, Bantam I and II and Midget I and II teams. The entry fee is \$95. The second tournament, scheduled for April 27-29, is for Atom II, Bantam I and II, Midget I and Juvenile I teams. The entry fee is \$85. Four games are guaranteed for the third tournament, scheduled to run May 26-29. It will be open to Atom II, Bantam I and II, Midget I and II and Juvenile I teams. For more information, call (314) 340-5004.

Baseball tournament
The Alton Baseball Association will hold a Memorial Day Tournament at Gordon Moore Park in Alton from May 26-28 for teams with players ages 12 and under. All teams will play at least three games. Cost is \$100 per team. For more information, call Don Gatz at 313-3580 or Rich Wooley (259-7804).

GCSSA tourney
Local teams are needed for the Granite City Steel Softball Association Tournament, scheduled to be held April 7-9. Sixteen teams are needed for the Class D and Low C tournament. For more information, call 876-0660 or 876-7745.

Softball tourney
The Kirkwood Athletic Association will hold an ASA girls fastpitch tournament May 19-21 in

St. Louis on its fields on Marshall Road. The tournament will feature competition among 8-and-under, 10-and-under, 12-and-under, 14-and-under, 16-and-under and 18-and-under teams with a three-game guarantee. Entry fees are \$75 for 8-and-under teams; \$100 for 10-and-under and 12-and-under teams; and \$125 for 14-and-under, 16-and-under and 18-and-under teams. For more information, call Don Leeker at (314) 391-6668.

Mother's Day tourney
Teams are being sought for the SLAM (St. Louis Area Maniacs) Mother's Day ASA fastpitch softball tournament, scheduled to be held May 12-14. The tournament is open to 8-and-under, 10-and-under, 12-and-under and 14-and-under teams, and will be held at the South County Athletic Association Dream Fields in South St. Louis County. For more information, call Paul at (314) 225-0484 or Rodger at (314) 391-6668.

Women's softball league
Teams are needed for an open women's fastpitch double-header softball league to be played at Hartford. There will be a 14-game schedule and the first eight teams will be accepted. League play starts June 13-14, with teams playing one night per week. Teams are also needed for an 18-and-under girls fastpitch tournament to be held June 10-11 in Hartford. It will be a round-robin in which the first 12-15 teams will be accepted. The entry fee is \$125; send checks (paid to Royals) to Tony Zolner, 160 Tennessee, Granite City, Ill. 62040. For more information, call Zolner at 931-4886.

All-American Game
Tickets for the McDonald's All-American High School Basketball Game are on sale. The game, annually the premier prep basketball all-star event, will be played April 2 at Kiel Center. Fans can purchase tickets at the Kiel Center box office, all Tickets Now outlets or by calling Dialtax at (314) 291-7500. Tickets

cost \$5, \$10, \$15 and \$25. There are also a limited number of premium seats at \$100 each. Group discounts are available. All proceeds from the game will benefit Ronald McDonald Children's Charities of St. Louis. Michael Jordan, Patrick Ewing, LaPhonso Ellis and Glenn Robinson are a few of the

many NBA players who took their first steps to stardom in the McDonald's game.

Athletic scholarships
Over 100,000 college athletic scholarships are available each year to male and female high school and junior college student-athletes. Contrary to popu-

lar belief, students don't have to be all-state to qualify. Much of this money goes unused.

For information on how to get a college athletic scholarship, send a self-addressed (business-size) stamped envelope to the National Sports Foundation, 411A Willow Drive, P.O. Box 940, Oakhurst, N.J., 07755.

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P215/65R14 72	P225/65R14 75	P235/65R14 78	P245/65R14 81
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P4



(Staff photo by PAM DOEPKE-HURD)
Granite City's Christy Costillo (right), a three-year starter, looks to send the ball during a game last season.

•Lady Warriors

(Continued from Page 1B)

The Lady Warriors lost a handful of seniors from last year to graduation, notably All-State goalkeeper Kari Kessel and stand-out goalkeeper Mikka Economy. But most of the lineup remains intact from last year's team. Including senior strikers Staci Dowdy and Holly Farnsworth.

Both are three-year starters who helped lead the Lady Warriors to state as sophomores two years ago. They are just two of 10 returning seniors.

"We have potential in scoring in Staci Dowdy and Holly Farnsworth," Baker said. "They're two strong players and very capable finishers."

Dowdy led the team in scoring last year with 18 goals, and Farnsworth added eight while battling injuries for the second straight year. Depending on the team's development, Dowdy and Farnsworth could form a dominant 1-2 scoring punch in the attacking end.

"If we are good enough to do that, we will be pretty good," Baker said. "Farnsworth has been plagued with injuries the past two years, but she has always been a very potent scorer in big games."

While Dowdy and Farnsworth will lead the way up front, Granite City's defense could prove to be the team's greatest strength. Several starters return in the backfield, including seniors Kara Gauen, Tonya Genovese and Jennifer Splaingard and sophomore Jaime Delbringer.

"I feel we have the potential to have the best backfield we've ever had," Baker said. "We have a number of solid players in the backfield."

Replacing Economy in goal will be junior Marci Holsinger, who played with GCHS as a freshman.

"She does a nice job," Baker said. "She has a very good attitude, and I think she's really going to help us."

Among Granite City's other veterans are seniors Christy Costillo, Penny Kreher, Kelly Thom-

as, Amy Henson and Kelley Williamson.

Costillo is one of the team's most versatile players and will be used throughout the field. Kreher is a midfielder with scoring abilities, and Thomas, Williamson and Henson will also be in the midfield.

Joining the Lady Warriors' varsity team this season are juniors Eryn Ellis and Maria Coimbra and a deep group of sophomores who posted an undefeated record under JV coach Virgil Kirksey last season. The team went 15-0 and was led in scoring by Roxie Simpson, who also saw time on the varsity level throughout the year.

In the postseason, a number of other freshmen accompanied the team and saw action at the state tournament. Baker said several sophomores could contribute right away this year, including wingbacks Tara Tomlinson, Amanda Nizinski and Michelle Montgomery.

The sophomore class includes Connie McEars, Rachel Kennerly, Kristen Knox, Jennifer Martin, Rachel Mefford, Marcie Meyer, Mandy Rohay, Connie Simpson and Crystal Timmons.

Six freshmen will also see time: backup goalie Shannon Ellis, Katie Curran, Jessica Mefford and Jennifer Willman.

Baker's assistants this year are Kirksey, volunteer coach Alan Harris; and goalkeeper coach Mike Bristol.

After beginning the season Friday, the Lady Warriors will open Southwestern Conference play at Alton on Saturday. The SWC has expanded to include two new girls teams, Belleville East and Belleville West.

The Lady Warriors' schedule includes a game against Hazelwood Central, the St. Dominic Tournament and Friday's opener against powerful Incarnate Word.

"They're as good as it gets," Baker said. "It'll be a very tough opener."



Bill Seibel

Picking out the right lures

By Bill Seibel
Correspondent

If there's a group of lures that are hard work to fish but deliver results with a capital "R," it has to be the minnow-imitating types.

As a group, these lures catch fish year-round and with a variety of techniques, but springtime gives them their popular nickname of "crank baits."

The lure group includes the original Rapala, the Rebel, the Ratlin' Rogue and the Bomber Long A among others. These four seem to rank as the most popular — and each has its place in a tackle box because each is similar but slightly different than the others.

A number of years ago, lure manufacturer Jack Smithwick told me each had a different specific gravity which made it react differently in the water. Smithwick's Ratlin' Rogue is a light plastic lure with pellets inside that cause it to rattle.

The Rapala, originated in Finland and brought to this country back in the very early 1960s, is made of balsa. It has no rattles, floats high and has a very distinctive action in the water.

The Rebel was the first plastic copy of the Rapala. It also floats high, has no rattles, but has a different wobble and rides differently on the water's surface than the Rapala. Like the Rogue, if you break one open, you'll find the Rebel made of a plastic foam coated with a tough plastic skin.

The Long A is made with a more solid plastic, has a larger single rattle that clicks and works differently both on the surface and under the water than the others. In addition, the Long A comes in clear or slightly tinted plastic versions with flashy inserts which give it a different look in the water than the others.

Each of these lures comes in several sizes, with those in the 4 1/2- to 7 1/2-inch long versions the most popular on area lakes in the early spring.

All also are fitted with clear plastic tips of varying sizes. The longer the tip, the deeper the lure will dig. Conditions and personal preferences will dictate your selections as you gain experience using these lures. To start, follow the advice of a local guide or an experienced friend — and experiment.

There are a number of ways to fish this lure, but in the early spring the so-called "rippin'" technique is the favorite.

Most anglers use a casting outfit with a fast-tip action rod of six to seven feet, a free-spool reel and line in the eight- to 12-pound-test range, depending upon water clarity.

Find banks with the wind blowing in on them. This makes boat handling and casting very difficult, but it can be done.

It is best to hold the boat nose first into the wind with the electric motor and make long casts with the wind, then retrieve the lure into the wind. I've read articles which suggest it brings

(See SEIBEL, Page 4B)



Lady Warrior senior Kara Gauen (left) is one of the team's top defenders.

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Mitchell Athletic Club

Basketball	
3rd-4th Grade Girls	
Shaq Attaq	8-0
Dunkers	5-3
Hot Shots	4-4
Bossy Babes	2-6
Maryville Bombers	1-7
Scores	
Hot Shots 20, Dunkers 4	
Bossy Babes 16, Maryville Bombers 14	
Playoffs	
Maryville Bombers 20, Bossy Babes 9	
5th-6th Grade Girls	
Magic	8-0
Purple Puppies	6-2
Dunkers	4-4
Tigers	2-6
Sharp Shooters	0-6
Scores	
Magic 12, Purple Puppies 8	
High scorers: Kelly Mitchell (8 pts.)	
Christina Withers (4)	
Dunkers 20, Tigers 8	
High scorers: Ashley Bogovich (10)	
Sarah Moutira (8)	
Playoffs	
Tigers 12, Sharp Shooters 11	
High scorers: Joey Farmer (6)	
Julia Legate (6)	
3rd-4th Grade Boys	
Rookies	4-5
Orangemen	0-0
Rebouders	3-6
Blackhawks	2-7
Scores	
Orangemen 24, Blackhawks 22	
Rookies 48, Orangemen 25	
Blackhawks 22, Rebouders 22	
Playoffs	
Blackhawks 37, Orangemen 18	
High scorer: John Vasiloff (14)	
Rookies 54, Rebouders 9	
High scorer: Robby Steen (23)	

5th-6th Grade Boys	
Sonics	10-0
Sharks	9-2
Blue Devils	4-6
Raiders	4-6
Painters	4-6
Shooting Stars	0-10
Scores	
Sharks 40, Blue Devils 27	
High scorers: Mike Smith (17)	
Marc Biggs (19)	
Painters 40, Shooting Stars 12	
High scorers: David Antognoli (16)	
Drew Courtney (8)	
Sonics 29, Raiders 8	
High scorers: Ted Wallace (15)	
Josh McCoy (8)	

Playoffs	
Blue Devils 28, Raiders 27	
High scorer: Steve DeMoulin (12)	
Painters 33, Shooting Stars 17	
High scorer: Justin York (8)	
7th-8th Grade Boys	
Bulls	6-0
Magic	5-1
Tar Heels	3-3
The Bricklayers	1-5
Blue Devils	0-6
Scores	
Bulls 59, Slam 29	
High scorers: Andy Runk (15)	
Josh Miller (9)	

Magic 44, Bricklayers 31	
High scorers: Justin Stone (18)	
Kevin Elliott (15)	
Tar Heels 74, Blue Devils 33	
High scorers: Matt Pistorious (31)	
Larry Monroe (8)	
Bulls 53, Bricklayers 40	
High scorers: Andy Runk (16)	
Kevin Elliott (21)	
Magic 63, Blue Devils 12	
High scorers: Tony Komoroni (17)	
Ryan Davis (12)	
Slam 38, Tar Heels 37	
High scorers: Josh Miller (21)	
Matt Pistorious (25)	

Seibel

(Continued from Page 18)

much more success to cast into the wind and retrieve with it — but I don't do you to do that successfully. I like to fish, not pick out backlashes.

The lure will float on the water's surface. Crank it enough turns to take up the slack line and to pull the lure under the surface. Then, with the rod tip pointed generally toward the lure, snap or rip the rod sharply to the side two or three feet, pause and return the rod tip to the original position as you reel up the slack line.

After two or three rips, the lure will be running at its maximum depth for the brand and style you've selected. You'll seldom feel the strike, but as you start your next rip, you'll hit something solid — a black bass, a big white or hybrid bass, even a striped if they've been stocked in the lake you're fishing. Walleye also have been known to slam these lures.

Using this technique all day will wear you out. It becomes almost work — almost because catching four-pound, five-pound and even bigger bass can never really rank as work.

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185/70SR14	W/W	58
185/70SR14	W/W	59
185/70SR14	BLK	62
195/75SR14	W/W	60
205/75SR14	W/W	62
205/75SR14	W/W	63
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215/75SR15	BLK	71
215/75SR15	RWL	89
215/75SR15	W/W	87
225/75SR15	BLK	76
225/75SR15	W/W	87
225/75SR15	RWL	89
235/75SR15	W/W	87
235/75SR15	BLK	79
235/75SR15	RWL	89
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205/75SR14	W/W	89
205/75SR14	W/W	93
205/75SR15	BLK	89
205/75SR15	W/W	92
205/65SR15	BLK	88
215/65SR15	BLK	92
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XW4

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P175/80R13 \$36	P165/80R13 \$44	145SR13 \$39	P185/70R14 \$69	P205/70SR14 \$69	185/65SR14 \$61	P235/75R15/6 77	P235/75R15/6 77
P185/80R13 \$38	P175/80R13 \$45	155SR13 \$40	P195/70R14 \$71	P215/70SR14 \$71	195/65SR14 \$66	30x9.50R15/4 84	30x9.50R15/4 84
P185/80R14 \$46	P185/80R14 \$46	165SR13 \$42	P205/70R14 \$72	P225/70SR14 \$72	205/65SR14 \$68	31x10.50R15/4 91	31x10.50R15/4 91
P185/75R14 \$40	P185/75R14 \$50	165SR15 \$48	P215/70R14 \$74	P225/70SR14 \$74	205/65SR15 \$73	LT235/85R16/10 112	LT235/85R16/10 112
P195/75R14 \$42	P195/75R14 \$51		P205/70R15 \$74	P235/70SR15 \$74	185/60HR14 \$58	LT235/85R16/10 99	LT235/85R16/10 99
P205/75R14 \$44	P205/75R14 \$52		P225/70SR15 \$77	P215/60SR14 \$81	195/60HR14 \$61	Tread Design May Vary	Tread Design May Vary
P205/75R15 \$45	P215/75R14 \$53		P225/70SR15 \$80	P235/60SR14 \$79	205/60HR14 \$65		
P215/75R15 \$46	P205/75R15 \$54		P235/70SR15 \$84	P235/60SR15 \$82	195/60HR15 \$64		
P225/75R15 \$47	P215/75R15 \$55		P205/65R15 \$72	P245/60SR15 \$86	215/60HR15 \$72		
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Legio

The 22nd District held its mid-Put-365 home on the 22nd District. Greetings were given to the president of the C. Following the demonstration of the district's facilities, Helen Siegler and the village Area College. An announcement by Adeline Drury, city director for the department of Auxiliary, Debbie. A collection of \$ emergency fund of Margaret Payne, junior adviser, and the district girls in sity for I.G.A. T. parents will be he Farm at 2 p.m. St. the December over meeting. The nex April 8 at Venice ment junior confe East Peoria.

Mary Kay, legi was still working. Petitions are still press on this subje Virginia Egan, that the Mayfest Quincy will be he 16th year this Cindy Yobbi, ch a report. Gifts we dren's facilities

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Legion Auxiliary holds meeting

The 22nd District of the American Legion Auxiliary held its mid-year meeting at the Collinsville Post 305 home on Feb. 19. Dianna Pointon of Belleville, 22nd District president, conducted the meeting. Greetings were extended by Roy Lamoreau, president of the Collinsville Unit 365.

Following the opening ceremony and roll call, a demonstration of how women can defend themselves if attacked in a parking lot, at a shopping center or anywhere else was given by officer Helen Siegler and officer Mark Mason of the Belleville Area College Security Department.

An announcement was made of the appointment of Adeline Drury of Alton as the field service facility director for the Alton Mental Health Center by the department president of the American Legion Auxiliary, Debbie Doerr of Jacksonville.

A collection of \$38.25 was taken for the auxiliary emergency fund of the auxiliary.

Margaret Payne, Illini Girls State chairman and junior adviser, announced there will be a bus for the district girls in June to Eastern Illinois University for I.G.A. The tea for delegates and their parents will be held at Belleville Post 58 Freedom Farm at 2 p.m. Sunday, May 7. Payne reported on the December overnight and the February bowling meeting. The next meeting will be held at noon April 8 at Venice-Madison Unit 307. The department junior conference will be April 29 and 30 in East Peoria.

Mary Kay, legislative chairman, reported she was still working on the flag alliance program. Petitions are still being circulated to send to Congress on this subject.

Virginia Egan, Mayfest chairman, announced that the Mayfest at the Illinois Veterans Home in Quincy will be held Sunday, May 21. This will be the 16th year this has been held.

Cindy Yobby, children and youth chairman, sent a report. Gifts were purchased for the area children's facilities at Christmas. The group will

assist with the lunches and cookie tent for the Area 12 Special Olympics and participate in the "Seeds for Sight" program.

The district past presidents' dinner meeting will be held at 6:30 p.m. Thursday, March 30, at the Venice-Madison Unit 307 home. Reservations are to be submitted to Norma Hillmer by March 23. Valentine gifts were purchased and presented to the women veterans at the John Cochran and Jefferson Barracks veterans administration hospitals by the past presidents' group.

Donations to the department nurses scholarship program was encouraged.

Mary Murphree, membership chairman, presented awards to six "goal" units: Alhambra, East St. Louis 53, Marine, New Douglas, Valmeyer and Venice-Madison. Judy Zimmerman, poppy chairman, announced that the fifth division poppy meeting will be held at 11 a.m. March 26 at St. Libory. Poppy contests will be judged at the Illini Girls State tea.

Georgia Pollard of Highland was endorsed for a fifth division office. She is now serving as fifth division second vice president. Election will be in June.

Dorothy Hinson and Agnes Harman reported on the meetings planned for the "Veterans' Stand Down" to be held May 12, 13 and 14 at the Williamson County Airport on Route 13, between Marion and Carbondale. Donations of needed items plus volunteers will be needed. All American Legion and other veterans' organizations are urged to contact homeless or needy veterans of all ages who might be interested in attending this weekend affair. Many services will be offered.

JoAnn Elmore reported \$254 in contributions and items for the McDonnell USO was brought to the meeting and will be taken to the USO soon.

There were 18 units and 48 members in attendance.

GCHS senior York competes for scholarship

Jayson L. York of Granite City, a senior at Granite City High School, participated in the 15th annual honor scholarship competition at MacMurray College in Jacksonville, Ill.

Altogether, 86 students took part in that competitive session Feb. 10 and 11 and a similar session in January. They were vying for 22 full- and half-tuition honor scholarships and church-related vocations scholarships worth more than \$500,000 during their college careers.

Selection to participate in the scholarship competition is, in itself, a high honor for academically talented high school seniors such as York.

The annual competition is open to high school seniors such as York who rank in the upper one-third of their graduating class and have a cumulative grade point average of at least 3.0 on a 4.0 scale. They must have an ACT score of 25 or higher.

In addition, students' potential for leadership and involvement in college activities is examined through interviews with panels of MacMurray faculty, staff members and students and community leaders. Students



Jayson York
GCHS senior

also must demonstrate their writing skill with an essay which is evaluated by college professors.

Some students were seeking church-related vocation scholarships in competition similar to the honor scholarships competition. One full-tuition and one half-tuition scholarship is offered annually. Other students

were seeking \$8,000 of music scholarships.

A 148-year-old liberal arts college affiliated with the United Methodist Church, MacMurray draws students from more than 20 states and from several other countries.

The son of Gary L. and Karen S. York of Granite City, York was among students from throughout Illinois and from California, Iowa, Indiana, Michigan, Missouri, Montana and New York, who participated in the two-day February session.

York and other scholarship competitors arrived at MacMurray on Friday to write their essays, meet faculty, tour the MacMurray campus and enjoy entertainment in the evening. Students roomed overnight in a college residence hall. Saturday, they had two individual interviews with three-member panels.

York plans to major in pre-medicine.

Prospective collegians who are interested in the scholarships competition or information about MacMurray College may call the MacMurray Admissions office at (217) 479-7056 or toll-free in Illinois at 1 (800) 252-7485.

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The children's program, geared primarily toward children ages 6 to 13, will combine education and exercise.

Date, Time and Place:

Thursday, March 30, 1995
7 p.m.

Memorial Hospital's Auditorium

Registration:

Registration is limited and reservations are required.

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FAMILY

Thirty attend Travelers Abroad dinner meeting for lecture on China

Thirty members and guests attended the Travelers Abroad dinner meeting at Jerry's Cafeteria on Feb. 27, wanting to learn more about traveling in China. Dr. Alice Purdes, president, welcomed the group. The following guests were introduced: Al DeLay, Audrey DeLay, Josephine Beatty, Mr. and Mrs. George Vasiloff and Paul Hopper, whose home is in the U.S. Virgin Islands.

Attendance prizes of dinners for two at Jerry's were won by Mary Louise Swan and Claire Skinner. Purdes introduced Audrey DeLay, a Granite City High School student, who spoke on her three-week trip to China last summer, at age 15, through the People-to-People Student Ambassador program. DeLay presented each person with a ballpoint pen from the ambassador program. More than 100 students, plus chaperons, from throughout the United States participated in this trip.

In an informal setting, DeLay talked, answered questions and presented a normal teenager's view of the country — good and bad. Among the cities visited were Beijing, Wuxi, Jinan, Hong Kong, Qufu and Shanghai. There was a one-day, one-night home stay for

each student in a more rural area. In DeLay's description of her "home," she said it had no kitchen, water was carried in from outside for washing and flushing and there were no curtains. Her bed consisted of a hard table or platform with a very thin piece of foam on which to lay. It was very uncomfortable, but, if one had back trouble, she said it might be pretty good.

DeLay's special souvenir was a red silk kimono decorated with gold figures that both she and Purdes modeled. In Chinese money, it cost about 200 renminbi, which is between \$28 and \$30 in American money. In 1993, China abolished the laws whereby visitors had to use one kind of money and the Chinese people another kind. Now, everyone exchanges his foreign currency and gets "real" Chinese money to spend.

Another souvenir, acquired in a temple, was a set of musical balls which one shakes gently. They are used during the birthing of babies or when someone is on his death bed, as well as during marriage ceremonies — all on the assumption that the sound will drive out all the evil spirits. Another souvenir

was acquired during a trip through a shell factory; the large shell was carved with scenes of the Great Wall and surroundings.

DeLay's impression of the Great Wall was that it is difficult to walk upon because of the uneven stones and worn ridges. Persons who have been there know that when walking on it near Beijing, there is an easy walk and a difficult walk. DeLay chose the difficult walk.

Most of the food did not rate very high with the speaker because it was so different from what an American teenager enjoys. She was shocked to see fish served with the head and tail still attached; rice every day at nearly every meal was just too much. Soup containing the chicken's head was something else.

She was amazed at the hordes of bicycles and the fact that there were special bicycle lanes. Many areas did not have traffic lights and the hand-directed traffic, which she demonstrated, also was different.

DeLay enjoyed the temples in Shanghai with their statues and thought the panda bears at the Beijing Zoo were

attractive.

There were a lot of children everywhere. She was surprised to see the manner in which young children, until about age two, are dressed in that their lower clothes are slit, thereby eliminating the need for diapers.

One of the cities visited was known as the "7-Arts City." Among the arts the group saw were the disco, featuring music with words; the Dance Studio and the Flower Garden, which featured all types of flowers with many being trimmed in various shapes. She especially enjoyed the Chinese acrobats.

Some of the group's travel was by rail and DeLay said they had compartments with four bunk beds. This would be the "soft" class. The "hard" class has six bunks to a section comprised of two tiers of three bunks each and no door on the compartment.

DeLay learned on the visit to Qufu, which is south of Jinan, that it is the birthplace of Confucius and that the city remains a mecca for his followers. The temple grounds have nine courtyards lined by more than 400 buildings. This area is considered to be one of the three

outstanding creations of ancient Chinese architecture.

The audience was reminded by DeLay that on July 1, 1997, Hong Kong will be returned to China. It has been a British Crown Colony since 1842 and is a leading financial and trade center; there are branches of more than 100 international banks on the island.

In closing, DeLay told the audience that when her parents picked her up at the airport, her first request was for a pizza for it had been three weeks since she had had one.

Persons attending not previously mentioned were Marguerite Lexow, Dorothy Hoedeker, James Hayes, Eunice and Julieanne Hartscher, Mary Evangelou, Georgia Engelke, Marianne and Gordon Hankin, Betty Duff, Nina Dittman, Lillian Delp, Frieda Burdort, Helen Lilly, Marge O'Neill, Mariott Schocker, Isabella Southwick, Stan Stimac, Larry Rinehart, Betty Townsend and Barbara Williams.

A new member, Larry Rinehart, will present the March 27 program entitled "Ports of Call in the Mediterranean."

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Programs

■ **MEDICARE UPDATE '95, Tuesday, April 11, 2-3:30 p.m.**, Senior VIP-sponsored free dialogue. Presented by Connie Heinle of Blue Cross Blue Shield of Illinois. To register for this free program, call extension 1575.

■ **12-WEEK RIGHT WEIGH (Weight Control) for Adults, April 11 - June 27, Tuesdays, 7-8 p.m.** Small classes—no special food or supplements to buy. Fee includes manual, body fat composition analysis, recipes, group support, and more. For details or to register call extension 1156.

■ **HEART HEALTHY SCREENING, Friday, April 21, 10 a.m.-noon, Caseyville Senior Center**, Cholesterol, Diabetes and Blood Pressure Check - \$8. By appointment only. Sponsors: St. Elizabeth's Hospital, Belleville Area College's PSOP, and St. Clair County Health Department. Register by April 19 - call 398-4104 between 9 a.m. and 1 p.m.

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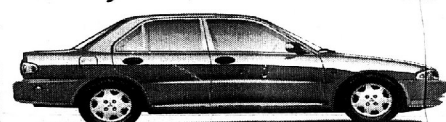
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Frank's Grand week looking store in the end of this same ten store listed, no new.

Then where Opening? It's Garden Shop stores! After a winter, the garden's in need of forth with extra time for plant arrived!

Make plans thru this week fantastic special glad you did!

Now that spring is here, pick up where we left off in our soil and how

Soil has four materials, air. Various kinds of particles and bind together clumps of different sizes. Small pore spaces these clumps. Large pore spaces clumps hold drainage. This of clumps and called soil.

Soils are classified into three categories and clay. The of the soil refers of the mineral (sand, silt and

Clay is the mineral particles the pore spaces small. And many pore spaces very good at in the soil, good. Clay slowly and but it doesn't nutrients. Clay when wet, heavy or cloddy with

Sand is the mineral particles coarse, gritty pore spaces air and drainage doesn't hold nutrients.

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BAC to host College Night

If you would like to learn more about Belleville Area College and other colleges and universities in Illinois and Missouri, you probably will find what you are looking for at BAC's Granite City Campus College Night on March 30.

College night, to be held at 6:30 p.m. at the Granite City Campus, 4950 Maryville Road, in Granite City, will include displays and informational booths from 29 colleges, universities and nursing schools in the two-state area. Representatives of the schools also will be on hand to answer questions.

The college night is free and open to the public. It is aimed at BAC students, high school students and their parents, counselors and teachers.

Schools participating in the college fair include BAC, Deaconess College of Nursing, Eastern Illinois University, Fontbonne College, Illinois State College, Illinois College, Jewish Hospital School of Nursing and Allied Health, Lindenwood College, Lutheran Medical Center School of Nursing, MacMurray College, Maryville University, McKendree College, National-St. Louis University, Northeast Missouri State University, Parks College at Scott Air Force Base, Ranken Technical College, Sangamon State University, Southeast Missouri State University, Southern Illinois University at Carbondale and SIUE.

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Make plans to stop by now thru this week-end for some fantastic specials. You'll be glad you did!

Now that spring planting time is here, we're going to pick up where we left off last week in our discussion of soil and how to improve it.

Soil has four components. They are minerals, organic materials, air and water. Various kinds of mineral particles and organic matter bind together forming clumps of different sizes. Small pore spaces within these clumps hold water. Large pore spaces between clumps hold air and provide drainage. This combination of clumps and pore spaces is called soil.

Soils are classified by their mineral content. These classifications are sand, silt and clay. The texture, or feel, of the soil refers to the size of the mineral particles (sand, silt and clay).

Clay is the smallest of the mineral particles. Because the particles are so small, the pore spaces are also small. And since there are so many pore spaces, clay is very good at holding water in the soil, perhaps too good. Clay drains very slowly and holds little air, but it doesn't retain nutrients. Clay is sticky when wet, hard and clumpy or cloddy when dry.

Sand is the largest of the mineral particles. It is coarse, gritty, and has less pore spaces. So sand holds air and drains well, but it doesn't hold on to water or nutrients.

Silt falls in between sand and clay. Most soils are a

combination of sand, silt and clay. To find out the texture of your soil, rub some between your fingers or give it the squeeze test. Take a handful of slightly moist soil and squeeze it. If the soil doesn't form a ball, but instead falls apart easily, it probably contains large amounts of sand. If it's sticky and forms a ball, it contains more clay.

Not many people want sandy or clayey soil, since they both make gardening difficult. Clayey? We looked it up. It's hard to say and looks a bit strange, but there is such a word. Anyway, we told you last Sunday that you can improve your soil if it falls into one of these categories, and here's how.

Add organic matter. Compost, peat moss and chopped leaves are good examples of the stuff you can add to soil. Most soils already have organic matter, just not enough. Adding it to clay helps drainage and aeration; it improves water and nutrient retention in sandy soils. Spread a 2- to 3-inch layer of organic matter over the soil and mix it thoroughly before planting.

The term "pH" also enters the picture. It's a numerical value between 1 and 14 that describes the degree of acidity or alkalinity of something, whether it be shampoo, swimming pool water or soil. A reading of 7.0 is neutral, anything below that is acidic, anything above is alkaline, or sweet, as some say.

Raising or lowering the pH is relatively simple. In Sunday's Journal we'll tell you how.

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It's spring! Visit Frank's Garden Shop and get ready for planting!

Watch Sunday's Journal for more tips from the experts at Frank's!

FAMILY Organizations

Eagles Auxiliary

Thirteen members of the Granite City Eagles Auxiliary 1126 attended the District 7 meeting held at Alton Auxiliary 254 home on Feb. 19. Martha Howlett, Alton 254, presiding, opened the meeting with her officers and welcomed all visitors and district members. The Pledge of Allegiance was given by all in attendance.

Howlett turned the gavel over to the District 7 officers, Marilyn Oyen, Alton 254, pro-term president; Elaine Jaegle, Shiloh 545, junior past president; Irene Carr, Wood River 2773, pro-term vice president; Joanna Spencer, Granite City 1126, chaplain; Rita Cuoco, Alton 254, treasurer and secretary; Howlett, Alton 254, historian; Joan Accord, Alton 254, conductor; Barbara Wright, Shiloh 545, inside guard; Vera Johnson, Granite City 1126, outside guard; Angie Buehler of Granite City 1126, Pam Warner of Jerseyville, Margie Condon of Collinsville 1051, all trustees;

Doris Wallace, Jerseyville, district auxiliary mother; and Grace Gasparian, Collinsville 1051, pianist.

The state officers were escorted into the meeting room by the conductor. The state officers are: Theresa McWhinney, Springfield 437, state child abuse chairman; Mary Stogner, Collinsville 1051, past president and past state ritual chairman; Hazel McCormick, Alton 254, state golden eagle chairman; Kathy Dulles, Shiloh 545, state auxiliary mother; Elaine Jaegle, Shiloh 545, state alzheimer's chairman; Helen Meyers, Alton 254, state madam chairman; Jean Seper, Alton 254, co-membership chairman of the Southern Zone; Rita Cuoco, Alton 254, state project chairman of the heart fund; Marilyn Oyen, Alton 254, state reenrollment chairman; Doris Wallace, Jerseyville, district auxiliary mother; and Florence "Fuzz" Hagnauer, eagle aerie grandmother.

The guest speaker was Pam Cline, vice president of "Sexual Assault Victims First", Collins-

ville. She spoke about children appearing in court to face their accusers. She said everyone needs to contact their senators and representatives to try to get a bill passed that will allow children to give their testimony on camera.

Post Traumatic Syndrome is a condition that pertains to all ages of abused people. It has not been recognized until the last few years. It has a very necessary and treatable condition. Anyone who wishes to help this organization with the hot line or other volunteer work may call Pam Cline. Abuse occurs by strangers, friends of the family and relatives and selects no particular age bracket. The earliest reported was a three-month-old victim.

Mary Stogner gave the first reading of the new by-law changes. They will be read again at the March 5 district meeting in Collinsville, which begins at 2 p.m. An officers' meeting will be held at 1:30 p.m. A dinner will be served following the meeting. A social hour will follow dinner.

At 7 p.m. March 13, there will be a reception held in honor of Iris McDermott, grand madam president, at the Alton Auxiliary 254 home, 424 Broadway, Alton. All who wish to attend from Granite City should contact Ann Pates at 931-8825 or Joanna Spencer at 451-2716. The group will leave the Granite City home at 6 p.m.

Try-outs for district chaplain will be held on March 5 at 1 p.m. at Collinsville Auxiliary 1051 home. Helen Meyers has taken the office of district chaplain to fill the vacated chair of Angie Buehler.

Birthday celebrations were celebrated for 93-year-old Dora Beligh, Alton Auxiliary 254; and 97-year-old Mary Miller, Collinsville Auxiliary 1661.

The traveling trophy was presented to Collinsville Auxiliary 1051 for the highest percentage of members present at the district meeting. Ann Pates, Granite City 1126, was presented a check for the most members in attendance.

A trophy was given to the Granite City Auxiliary president by Mary Stogner to be presented to Ruth Jorgensen, state ritual chairman, at the regular meeting for the 1994 competition at convention.

Joanna Spencer was named "good will ambassador." A committee of volunteers, one member from each auxiliary, will be appointed to help her to remember all members and their families when there is a death or illness.

Prizes were awarded to Patsy Bach, Shirley Fields, Mildred Boyd, Florence "Fuzz" Hagnauer and Vincine Zerlan.

Those attending from Granite City included Mildred Boyd, Rose Piechocinski, Martha Simpson, Vera Johnson, Millie Weatherford and Dorothy Landfried.

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Suburban Journals

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OFFICIAL RULES

Horoscope

Wednesday, March 22
Those who take time with true friends have unusually rich experiences — those who work with trusted associates are boosted and protected by the secure bonds of mutual respect as well as by shared interests and goals. Pursue research projects — digging for data, you come up with valuable nuggets. Doctors make brilliant diagnoses — detectives locate missing persons.

ARIES (March 21-April 19): Extend yourself to help friends or the team — leadership comes by sharing knowledge. You're the senior member of a project at work. Freedom means more than contentment now — exercise away restlessness.

TAURUS (April 20-May 20): Your money picture is good —



Joyce Jillson

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extra cash helps get the bills paid, so you can enjoy a carefree moment with a friend or sweetie. You may be mesmerized by a strong personality now — learn all you can from this person.
GEMINI (May 21-June 21): Getting routine behind you won't

be as tedious as you feared, so dig in. Make lists, agendas and appointments with professionals. Ask your boss about complications that you find in instructions.

CANCER (June 22-July 22): Even as you look more deeply into the details of joint deals and mutual holdings, be cheerful about the future. Fine print is where the luck lies now. And a family secret may bring gains to you!

LEO (July 23-Aug. 22): A creative project takes a turn for the better. Love holds special excitement. Get tickets to an entertainment event that will uplift and inspire you. Glowing praise is your reward for loyalty to co-workers.

TODAY'S BIRTHDAY (March 22): New friends have a powerful

effect in April. Long-distance travel and communications make June and August. Times of enormous opportunity. Keep the future in mind as you build in August. Make a key partnership or legal move in September. Try a new approach to romance in October (like marriage, for instance). Magical times with bright future prospects come in December.

VIRGO (Aug. 23-Sept. 22): In many ways, Virgo holds the key to the future now, so don't get rattled, but set the example for those around you. Troubleshot and examine options — use a holistic approach to problem-solving.

LIBRA (Sept. 23-Oct. 23): Enjoy a discussion that includes the whole group. Your ability to

be persuasive will help you handle family pressure. Be sure you get enough rest tonight — there's still a big week of work ahead.

SCORPIO (Oct. 24-Nov. 21): Job hunting is successful. Impressive results are attained in all efforts involving personal charm or selling ability. Having fun with those at work can get you as far as doing the hard work. Learn from a Libra.

SAGITTARIUS (Nov. 22-Dec. 21): Luck is one of your birthrights, so collect your share with confidence — then, be sure to spread it around. If you are tempted to work too hard, remember that you have another work day ahead tomorrow.

CAPRICORN (Dec. 22-Jan. 19): Behind-the-scenes

maneuvers work strongly in your favor at work, and the luckiest move is leaving well enough alone! Tonight, trust the special love that you have with those who are closest to you. Get extra rest.

AQUARIUS (Jan. 20-Feb. 18): Pleasant associations can also be lucky ones. Do your best to separate emotional considerations from professional considerations — loyalties to colleagues may test your ability to do so.

PISCES (Feb. 19-March 20): Roaring along through the work at hand, you're efficient and authoritative. Taking time out to listen to even the pettiest complaints of family members or co-workers saves much time in the long run!

Vickers brings order to 'Tonight Show'

The queen is gone. Long live the queen.

Once upon a time, about two years ago, Helen Kushnick's brief reign as executive producer of The Tonight Show with Jay Leno came to an abrupt, messy end.

Tales of Kushnick tantrums and vengeful tactics involving guest bookings had marred the debut of Johnny Carson's successor. When she was fired in September 1992, Kushnick blamed sexism for driving her out of the male-dominated late-night club. But there's still a tough-minded woman on the scene and in Leno's corner: Debbie Vickers, who was promoted in November from "Tonight" producer to executive producer — her de facto job since Kushnick left.

Vickers, however, is a practitioner of the velvet-glove school of motivation. That's clearly a welcome relief to Leno, generally tagged as Mr. Nice Talk Show Host, and the "Tonight Show" staff.

It's also helped the NBC late-night show find its footing against CBS' "Late Show with David Letterman," which continues to lead in the ratings but with smaller margins than it initially enjoyed. "Debbie communicates the way I like to communicate," says Leno. "I don't like to give orders. I like to say, 'Why think it would be a good idea to do this?'"

"I've worked with people who yell and scream, and that doesn't work at all. It's not a comfortable situation," he said, an oblique reference to Kushnick, whom he's never publicly blamed for his rocky start.

Chatting in Vickers' office at NBC a few hours before a show taping, Leno was framed by a bouquet of pink tulips grand enough to inspire flowers — his Valentine's Day gift to her. The gesture seemed appropriate. Earlier, Vickers had half-jokingly described her relationship with Leno in romantic terms. "We are like a bad married

couple. We bicker all day and there's no sex," said Vickers, who is slender, casually dressed and has a bright smile and nervous energy to spare.

She nags him about his weight and diet. She forces him to work out with her personal trainer. She cuts off the long-winded debates Leno relishes — "He'll argue forever, he has the stamina of eight bulls" — about sketches and comic bits for the show.

Vickers seems more akin to drill sergeant with the staff, running a daily production meeting with brisk efficiency. Here she's issuing orders regarding a guest, *New Sports Illustrated* cover babe Daniela Pestova.

"She needs to dress in a sexy way. If not, somebody have needle and thread to be hemming ...," she says, warning in her tone.

This is strictly behind-the-scenes management. Unlike Carson executive producer Fred de Cordova and Letterman's Robert Morlon (Morlon, as Dave calls him), Vickers adamantly refuses to play on-camera foil to her boss.

"I have a really good relationship with Jay off-camera, and people have said to us you really need to do this on the air," Vickers says. "But I am so camera shy. As soon as the camera goes

on me, I freak.

"I've even gone like this to the cameraman" — here, she makes a gesture generally not seen on television — "so they can't take my picture."

Leno takes impish delight in her discomfort but doesn't force the issue, says Vickers. And she doesn't regret not showcasing her rare status as a woman running a late-night show.

(Arsenio Hall had Maria Kell Brown in charge of his syndicated talk show, although he retained the executive producer title.)

Vickers acknowledges that Leno would welcome a little more visibility for his enlightened hiring: Women fill other top "Tonight" positions, including producer and director.

His support was crucial to her getting the job, Vickers says. And, she adds, there's someone else who figured in her ascension. "Helen. In all fairness, Helen. When I was a talent coordinator on the old show, Carson's 'Tonight,'" she said to me "Come be our producer." I was always a hard worker and she knew I would bust my butt for her."

Vickers is, in essence, a "Tonight Show" baby. After starting as a page with NBC fresh out of college (the University of Kansas in her native

state), and then working on "Tomorrow" with Tom Snyder, she moved to "Tonight" as a talent coordinator in the early 1980s.

It was "Tonight" producer Peter Lassally, now sharing Letterman producing duties with Morlon, who gave her the job. Small world, that late-night.

Working during the Carson era, when competition was virtually nonexistent, was "heaven," recalls Vickers. Then she corrects the memory.

"I shouldn't have said it was great, because we beat ourselves up there every five minutes, too," she says.

"There was pressure because you never wanted to disappoint Johnny. He wasn't demanding. You knew you were working for the best and you had to do your best."

Now she's the woman in charge. She loves her job, but it's not the kind of success you can relax and savor, Vickers says. No tulip-colored glasses for her.

"I dress the same. I live in the same house. I drive the same damn car. I just have more people yelling at me."

— Associated Press

Deal for DreamWorks to be worth \$900 million

DreamWorks, the entertainment concern recently formed by Steven Spielberg, David Geffen and Jeffrey Katzenberg, is discussing selling a one-third stake for \$900 million, published reports say.

Among those reportedly being courted about buying a stake in the new movie, television and record business are Paul Allen, a reputed billionaire who helped found Microsoft Corp., and the California Public Employees Retirement System.

The talks were reported in Friday's editions of *Daily Variety* and Monday's editions of *The Wall Street Journal* and *The New York Times*. The papers did not name their sources.

A call to a publicist for DreamWorks was not immediately returned, nor was a call to the California pension fund. A spokesman for Allen declined comment.

DreamWorks was formed last year by the entertainment executives, who invested a combined \$100 million in the startup.

Its creation attracted unusual attention because of their credentials — Geffen built his own records business, while Spielberg has been involved in some of the biggest movie hits of all time like "Jurassic Park" and Katzenberg was a highly regarded top executive at The Walt Disney Co.

Last November, Capital Cities-ABC Inc. which owns the ABC television network agreed to invest about \$100 million in creating TV programs in tandem with DreamWorks.

The Times said an announcement on raising the financing is expected within the next several weeks.

The Journal said Allen and Calpers are expected to be joined by a major entertainment company that would probably get the rights to distribute DreamWorks films, TV shows and maybe records outside the United States.

The stories said DreamWorks is also negotiating to borrow another \$1 billion from a bank to give it working capital of \$2 billion.

— Associated Press

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Sometime, though, the real world wasn't good enough. An early "Mask" scene called for a detective Ipkiss to find nothing in a pocket but a moth. Alas, the movie was born in a computer.

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Dinners & Sandwiches

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FAMILY



Fifth generation — Seated, from left to right are, first-time great-great-grandmother Ruby M. Wallace, great-grandmother Dolores Biggs, grandmother Alice Smith and father David Wayne Smith, holding fifth-generation baby David Wayne Smith Jr., who was born Jan. 3, 1995. All are residents of Granite City. The fifth generation was created again one month later with the birth of Courtney Paige Smith, who was born to Jason Lee Smith and Chasidi Martin, also of Granite City.

Christian honored

Laura Lynn Christian of Granite City, daughter of Larry and Carol Christian, an English major at Missouri Baptist College in St. Louis, received the President's Citation during an honors convocation at the school on March 2.

Students must achieve a perfect 4.0 grade point average to receive the President's Citation.

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Local Eagles Auxiliary 1126 holds reception

Members of the Granite City Eagles Auxiliary 1126 attended the reception for Iris McDermott, grand madam president, at the Alton 254 home on March 15.

Anna Pates, auxiliary 1126 president, presented McDermott with an apron depicting her slogan of "What's Cookin' at the Eagles" and Martha Howlett, Alton Auxiliary president, with an apron following the dinner.

The room was decorated and the centerpiece was an eagle ice sculpture. Cake and coffee was served.

Others attending from the Granite City Auxiliary were Dorothy Robles, Madge Hall, Helen Lipchik, Joanna Spencer, Mildred Boyd, Rosie Piechocinski, Del Deloney, Katie Kostoff, Vera Johnson, Millie Weatherford, Dorothy Landfried, Flo Stokes, Florence "Fuzz" Hagnauer, Vincine Zerlan, Ann Pates and Martha Simpson.

Photos were taken with all the Granite City members wearing flower-decorated aprons in McDermott's honor.

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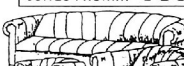
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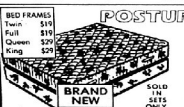
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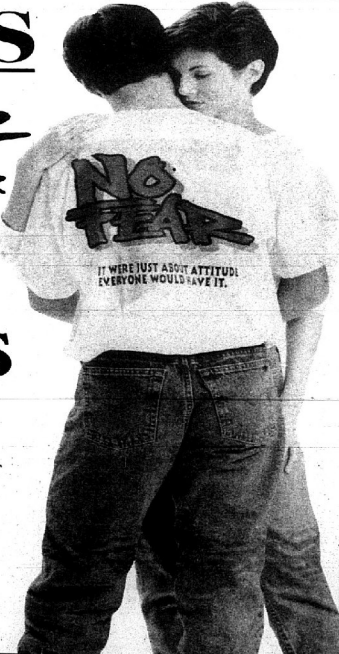
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Classm

The following whose addresses for the Granite 10-year reunion 1985. Addresses 1985 Reunion, Drive, Granite City, E.C. Adams, Curtis Arnold, Austin, Brenda, Baldwin, William, Barton, Mary, Berry III, Brian, Blackwood, Cl, Bladdick, Darri, Boatman, Jodi, Boyer, Tommi, Brewer, Karen Britz, Christy Brown, Susan Bucher, Lisa Buh, Cathryn Burns, Larry Campbell, Kathleen Carl, William Conn, Paul Cox, Pat, Crider, Michael, us, Pamela Davis, Donna Davis, Dennis, Ramo, Doak, Jason, Evans, Charl, Frew, Pamela, Golorth, Jodie, fith, Bonnie Gr, ler, Brenda Ha, Jeffrey Hartw, Donna Haug, Hoffman, Julie Hoffm, Jeff Hogue, Sh

THERE'S A THING ABOUT OF GO Know the w detection n

Am Ass 1992

\$10 Ch Ga \$11 Fe W \$11 Ga

SAV

Classmates' addresses sought for Granite City High School class of 1985 10-year reunion

The following are classmates whose addresses are still needed for the Granite City High School 10-year reunion of the Class of 1985. Addresses should be sent to: 1985 Reunion, 3278 Westchester Drive, Granite City, Ill., 62040.

E.C. Adams, Debra Allison, Curtis Arnold, Jack Arnold, Todd Austin, Brendan Baggot, Lisa Baldwin, William Baldwin, Calvin Barton, Mary Bellovich, Paul Berry III, Brian Blackwell, Julie Blackwood, Cliff Bladdick, Tim Bladdick, Darrin Boatman, Kelly Boatman, Jodi Boyer, Tiffany Boyer, Tommie Branham, Tim Brewer;

Karen Britz, Dawa Brock, Christy Brown, Cathy Browning, Susan Bucher, Karen Buckner, Lisa Buhr, Cordean Burnett, Kathryn Burns, Matthew Butts, Larry Campbell, Victoria Carroll, Kathleen Carter, Sherri Case, William Conner, Jeffery Cox, Paul Cox, Patricia Craig, Mark Crider, Michael Crow, Gary Curtis, Pamela Dallas, Donna Davis, Paul Davis, Scott Dennis, Ramon Dienda, Kevin Doak, Jason Durrett, Martin Evans, Charles Farrell, John Frew, Pamela Gibson, Rhonda Goforth, Jodie Gray, Mike Griffith, Bonnie Grube, Loretta Hamlet, Brenda Hannel, Brian Harris, Jeffrey Hartwick, Darrin Hasty, Donna Haug, Mike Held, James Hoffman, Julie Hoffman, Roy Hogan II, Jeff Hogue, Sharon Holman, Scott

Hollen, Ronald Hook, Shannon Hooper, Charles Hoppe, Joetta Horvath, Todd Huffstutler, Lois Hull, Angela Hunter, Patrick Hursey, Anita Jackson, Christine James, Rich Jasudowicz, Stephen Johnson, Tracy Johnson, Dennis Jones, Julie Jones, Lisa Jones, Thomas Jordan, Daniel Jorgensen, Thomas Keelin, Jodi Kessler, Rhonda Kieffer, Trina Kilporen, Zebada Kinder, Angela King, Michael King, Daria King, Beth Kirkover, Johnny Kramer, Jeff Langston, David

Lewis, Diana Lewis, Victoria Lopez, Pamela Love, Dianna Lowande, Thomas Lyons, Tim Mason, M.J. MacLaughlin, Candy McCarthy, Melissa McIlvoy, Vicki McMillian, Tim Maciek, Glen March, Angela Martin, Cecil Martin, George Mathenia, Barb Mathews, Laura Mendoza, Tammy Meyer, G. Michailidis, Rhonda Mikulas, Craig Miles, Michael Millard, Dwayne Miller, Lori Mills, Pam Montgomery, Bryce Moore, David Moore, Stephen Moore;

Dawna Norton, Theresa Papes, Tammy Parker, Gary Parks, Sandra Peach, Gregory Peck, Robert Peck, James Pickett, Margaret Pigatz, Tammy Pointer, Chris Polter, Angela Porter, Billie Rehstock, Chris Reuter, Teresa Reynolds, Camille Rixie, Randy Robinson, Monica Rogers, John Roland, Richard Romanik, Renee Roseman, Matt Rowden, John Rutledge, Trisa Ryterski, Terry Salem, Kevin Scanlan, Vicki Schaefer, C.L. Schaffner, Bruce Senior,

Betty Smart, Norman Smith, Oliver Smith, Soon Sin Song, Katherine Spiroff, Jeffery Stewart, Marlene Stout, Caryn Sullivan, Daniel Sullivan, Donna Swann, Colette Tanksley, Jim Thebeau, Kim Thebeau, Stacy Thomas, M. Thompson, Janice Tipton, Phillip Toth, Karen Van Zant, Maria Victoria, Darren Ward, Dawn Warford, Kevin Welker, Carol Wells, Sandra Whitaker,

Christy White, Lester White, Rhonda White, Robert Wilds, Sharon Williams, Kim Willoughby, James Wilson, Ricky Winn, Bradley Wofford;

Donna Wofford, David Woodson, Kevin Woodson, Jackie Young, Zandra Yount, Tammara Zeugin, Earl Zimmerman and Grace Zimmerman.

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SOUTH BEND ADVENTURE PAC SPINNING OR SPINCAST COMBO
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Wednesday, March 22, 1995

Food & Nutrition

Wise Ways

Calcium should balance with protein intake, so vegetarians can get by with less calcium.

INSIDE

Living Lean for Adults

Eating protein from healthful non-meat sources usually saves money.

INSIDE

Blue Ribbon Cook

Oranges, berries and spinach color the flavor of salad.

INSIDE

Private Label Test Run

Journal tasters use their noodle while testing packaged dinner mixes from Shop 'n Save.

INSIDE

Micro Raves

Spring seafood is as fresh as jonquils and daffodils.

INSIDE

Lively Taste

Talk the slow boat when using packaged seasonings. For instance, if a taco or chili seasoning mix is used for stew or a casserole, add it by the teaspoonful and taste occasionally to see when your personal flavor barometer reaches its level of stability. Intensity always can be added, but usually cannot be erased.

Health & Fitness

Medicine Chest

Read reliability into a useful thermometer.

INSIDE

Fresh Picks

If that economical head of cabbage from St. Patrick's Day is languishing, jazz it up in creamy coleslaw. Shredded red cabbage can replace about one-fourth the usual amount of green cabbage. Shred carrot in large pieces or cut in julienne strips for more noticeable color. Finally, frame coleslaw by lining the bowl with lettuce or cabbage leaves.

Big Fat Tip

Stretching meat gives old-fashioned flavor with a light attitude. For Country Cupboard Soup, brown 2 boneless pork chops (1/2 pound each), cut in 1/2-inch cubes, in 1 teaspoon oil. Add 1 cup thinly sliced carrot, 1 cup sliced potato, 1 envelope onion soup mix, 2 tablespoons sugar, 4 cups water, 1 can (28 ounces) tomatoes (crushed), 1/4 teaspoon crushed leaf oregano, dash of pepper sauce and ground black pepper to taste. Bring to boil. Simmer, covered, over low heat 30 minutes. Makes 6 servings, 169 calories and 4 g fat each.

Future Shop

There are two sides to future flavor favorites. New ethnic cuisines — like Thai, Indian, Caribbean and New Eastern — are becoming more mainstream, while the comfort of old-fashioned vanilla is taking over the 'feel-good' world of ice cream, cookies and even perfume.



CIAO in minutes

Hearty pasta, a little cream and a flavorful tomato sauce puts rigatoni on the table with Italian pleasure in less than a half hour.

By Janice Denham
Staff writer

Whether chicken cacciatore, "pasghetti" or fettuccine alfredo is on the menu, fuel the family fetish for Italian food. The wonderful world of pasta, risotto and bruschetta is easy to bring to the table.

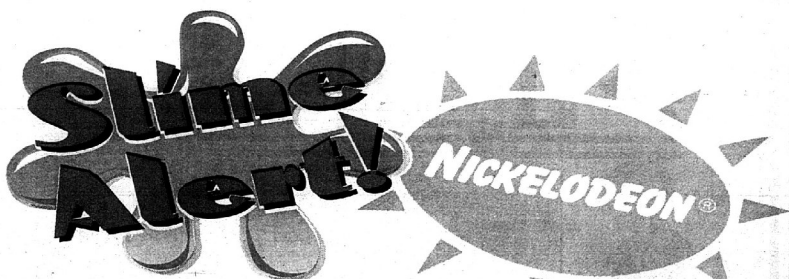
The trick is to combine fresh and ready-to-use ingredients. No cooking law says dinner becomes a labor of love only if it takes more than 30 minutes to

prepare.

Tomato sauce now comes with a wide assortment of flavors and additions. Use it as a starter. Do you like garlic? Pick one that has it. Giddy for garlic? Feel free to add more. Add chopped fresh vegetables for more "chunk" and flavor. Sprinkle with parmesan for "perk."

These recipes can be the start of something big.

SEE CIAO, INSIDE TODAY'S FOOD PAGE 2



Green slime will slither to St. Louis' Kiel Center April 8 with Nickelodeon's Family Double Dare Live Tour. As always, to be pie-washed or slimed will be divine!

To get in the mood for globs and gobs of gook and gak, simple recipes for favorite green slimy foods can be sent to Kids' Cuisine. One gooey green creation will glow as the winner of the Green Slime Contest. Pudding, gelatin, punch or other grand gastric ingredients could add up to a gushing success. This kid's entry should be simple and edible.

The winner and nine guests will receive a private Slime Time Party backstage before one of the two Nickelodeon Live performances and, of course, a chance with the rest of the audience to do outrageous games and stunts.

Send a recipe by March 30 to: Green Slime Contest, Kids' Cuisine, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Today's Food

Private Label Test Run



Packaged dry noodles and sauce is a handy item to keep on the shelf for a quick — even impressive — dinner.

Saucy noodles make easy, versatile sides

Suburban Journal testers were ready to turn their tasting into a lunch when they checked out Shop 'n Save's parmesan noodles and sauce and alfredo noodles and sauce mixes.

They are two of the four that stand head-to-head with national brand flavors. Others are chicken-flavor and butter noodles in a creamy sauce. Each package costs 99 cents.

The packets give directions for stovetop and microwave cooking, as well as for making the dish without added fat. They both were cooked in a microwave oven for handy testing, plus the alfredo dish was made with ½ cup low-fat milk and 1 ½ cups water, instead of margarine and all milk.

"These flavors are hard to pass up," one taster said.

The parmesan noodles and sauce in the Shop 'n Save brand was admired because it was colorful with both spinach and egg noodles and small spice flecks.

"This one is gorgeous," a taster said. "It would work even if you want something quick (and a little more impressive-looking)."

They all commented on the ease of preparation. One would add tuna for a casserole, another suggested adding leftover ham after Easter for a delicious, quick main dish.

"All it would take with that is to add a vegetable. It would be nice and easy to round it out," another added.

Testers accustomed to checking nutrition of foods they test noted this packaging was a case where the new food labels gave a fair representation.

"This says it would serve

two, which is a nice realistic serving, even generous as a side dish, better than the old skimpy amounts," one noted.

Several testers use this type of product. One liked the flavor of the products better than her usual pattern of combining a can of soup with cooked noodles. Another thought it compared favorably with her choice of a creamy stroganoff product designed to be used with hamburger.

Interestingly, as the noodle dishes cooled after the tasting, the one made with more fat absorbed liquid faster and became dryer than the one made with water and low-fat milk. Whether it was caused by the type of ingredients added or inconsistency in measuring could not be determined at a single testing.

Micro Raves

By SANDRA HOUNSOM

Land wise Lenten meals: Take aboard seafood

For some people spring and the Lenten season means "giving up" something. If that is your preference, give up the "extras," like dessert, but don't give up nutritious meals.

Fish is a popular pre-Easter specialty, associated with "giving up" meat. It actually is a smart, nutritious food choice which cooks excellently in a microwave oven.

Fish is actually steamed in a microwave, as it should be cooked only until the "meat" flakes easily with a fork. When done, it should be slightly opaque in color. Generally, this is about 5 minutes per pound.

When buying fresh fish, look for translucent flesh. Dry or milky color indicates age. The flesh of a whole or dressed fish should be firm and springy. Scales should be shiny. Gills should be reddish in color. Its eyes should be bulging, not sunken.

A brownish color around the edge of frozen fish indicates it has been defrosted and refrozen.

Fresh fish should be used within 2 days, frozen within 2 weeks.

Fish can be cooked in a microwave without defrost-

ing. Place frozen filets in a glass baking dish. Sprinkle with herbs or salt-free spices. Lemon-flavored ones are excellent choices. Cover with plastic wrap. Microwave on high power 5 minutes per pound. Carefully remove plastic wrap and check fish for doneness as described.

People not readily enamored with eating seafood can plunge into it with a little camouflage. In this recipe from "Microwaving Poultry and Seafood," (Microwave Cooking Library Series, Cy DeCose Inc., 1986), it is used in flavorful soup. Using different cooking levels in a microwave oven ensures the fish's tender doneness.

Home economist Sandra Hounsom specializes in microwave cooking.

FISH CHOWDER

- 2 cups water
- ¼ cup snipped fresh parsley
- 1 tsp. lemon juice
- 1 tsp. instant chicken bouillon granules
- ½ tsp. salt

- 1 ½ tsp. dried thyme
- 1/8 tsp. celery seed
- 10 whole peppercorns
- 4 whole allspice
- 12 oz. flounder filets, about ¼ inch thick
- 1 cup cubed potato (½ inch cubes)
- ¼ cup chopped carrot
- ¼ cup chopped onion
- 1 tsp. water
- 1 cup milk
- 1 tsp. capers, drained

In microwave-safe, 10-inch square casserole, combine water, parsley, lemon juice, bouillon, salt, thyme, celery seeds, peppercorns and allspice. Microwave, covered, on high power 7 to 13 minutes until mixture boils. Add flounder. Microwave, covered, on medium power 2 to 5 minutes until fish flakes easily with fork.

Remove fish from broth. Flake. Strain broth. Set both aside.

In 1 ½-quart casserole, combine potato, carrot and onion. Sprinkle with water. Microwave, covered, on high power 5 to 9 min.

Stir in milk and capers. Add poaching broth and flounder. Microwave on medium-high power 5 to 8 min.

Medicine Chest

By REBECCA COLEY

Choose a thermometer by use for accuracy

Most people put little thought in taking someone's temperature. However, where the temperature is taken on the body and what measuring device is used has a significant effect on the accuracy of the reading, as well as the safety of the individual.

Temperature taken rectally is the most accurate, but the least preferred. Axillary — under the arm — tempera-

tures are less accurate but relatively easy with small children. The least accurate method of assessing temperature is with a skin thermometer which can fail to detect a fever.

Oral temperature is considered accurate and is clearly the most popular method. Recently devices for checking temperature in the ear canal have made measuring fever in children simpler.

Purchasing the right type of thermometer is important because using the device improperly can be dangerous.

Popular mercury-in-glass thermometers are available. Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

Wise Ways

By CYNTHIA FAUSER

Eating less protein helps body hold onto its calcium

Osteoporosis is often called a "deficiency disease" because the brittle bones it causes have lost so much calcium. However, low calcium intake is not the only factor. Genetics, hormones, inactivity, alcohol consumption, smoking and high protein intake also contribute to the problem.

Most people are unaware of the relationship between protein and calcium.

Calcium and phosphorus, which is found in meat, must be absorbed in equal proportions. That is, if calcium is to be absorbed, calcium intake must go up as protein intake increases.

This may be one reason

Western cultures that eat large amounts of meat have more hip fractures than other parts of the world, even though they consume twice as much calcium.

Vegetarians and near-vegetarians who use milk products usually do well in the calcium-retention department.

Vegans — those who abstain from any animal products — rely on dark green, leafy vegetables such as broccoli and kale, tofu and other soy foods, beans and whole grains for their calcium.

Do vegans meet the recommended daily allowances (RDAs) for calcium? No, but

the RDAs were designed for meat-eaters.

Vegans can get by with less calcium because their protein intake is lower.

It is not necessary to forgo all animal protein to benefit from the principle of protein-calcium balance.

Just remember that by eating less animal protein than the typical American diet, the body does a better job of holding onto the calcium it needs.

Other calcium-wise tips are:

• Choose low-fat dairy products often. Add more green, leafy vegetables, beans, and include soy products like tofu

and tempeh.

Limit carbonated soft drinks. Soft drinks are high in calcium-robbing phosphates and displace more nutritious choices.

The sum of such changes will be greater than just improved calcium levels. The whole nutrition picture will improve.

Stir-fried greens like this bok choy recipe are good sources of calcium and vitamin A and nice accompaniments to non-Oriental entrees.

Registered dietitian Cynthia Fauser is nutrition specialist with University Extension (University of Missouri system) in St. Louis County.

STIR-FRIED BOK CHOY

- 8 cups chopped bok choy (or other greens)
- 2 tbsp. oil
- 2 green onions, chopped
- ½ cup chicken broth or bouillon
- 2 tsp. cornstarch mixed with ¼ cup water (optional)
- Soy sauce

Heat oil in large skillet or wok. Cook green onion about 1 minute.

Add bok choy. Continue to stir about 2 minutes. Add chicken broth. Cook, covered, 1 or 2 minutes.

Stir-fried vegetables should be slightly underdone, not mushy.

If thickening is desired, stir cornstarch mixture well and add to bok choy, tossing until sauce clears and thickens.

Add soy sauce to taste. Serve immediately.

Makes 4 servings; 88 calories, 7 g fat, 231 mg sodium, 42 percent RDA vitamin A, 106 percent RDA vitamin C, 15 percent RDA calcium and 24 percent RDA folacin.

Ciao

Continued from page 1C.

With the basic blend simmered before canning, the robust world of cooked Italian flavor is easier to achieve.

Decorate the edges and corners of this meal with more color. Serve the main dish on attractive plates. Add colored cloth or paper napkins.

Serve salad in white bowls punctuated with strips of pimiento and bell pepper. Pull off large hunks of fresh bread with seeds and set them in a single bowl. Add wine that matches the bright flavors of Italy.

RIGATONI WITH CREAMY TOMATO SAUCE

- 8 oz. uncooked rigatoni or penne pasta
- 1 tsp. olive oil
- ½ cup diced onion
- 2 tsp. white wine or dry vermouth
- 1 can (14.5 oz.) primavera-style chunky tomatoes
- ½ cup heavy cream or evaporated skim milk
- 1 cup ripe olives, halved
- ½ cup grated parmesan cheese
- ¼ cup sliced green onion

Cook pasta according to

package directions. Drain. Keep warm.

In large skillet, saute onion in hot oil 4 to 5 minutes. Add wine. Cook 1 minute.

Stir in tomatoes and juice, cream, cooked pasta, olives and parmesan cheese. Toss well. Sprinkle with green onion.

Makes 4 servings. Wine selections: Chenin blanc or white zinfandel.

SAUTEED SHRIMP AND LEMON RISOTTO

- ¼ cup (½ stick) butter
- 2 tbsp. olive oil
- ¼ cup minced onion

- 1 tsp. grated lemon rind
- 1 ½ cups uncooked arborio or medium grain rice
- 4 cups chicken broth
- 2 tsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ cup sliced ripe olives
- 8 oz. medium shrimp, peeled
- Gremolata

In medium saucepan, melt 2 tablespoons butter. Add oil, onion and lemon rind. Cook 3 minutes. Stir in rice. Cook 1 minute.

Add broth, lemon juice, salt and pepper. Cook covered, over medium-low heat 30 to 35 minutes, stirring occasionally. Stir in olives.

In medium skillet over medium-high heat, melt

remaining 2 tablespoons butter. Cook shrimp, stirring occasionally, 3 to 4 minutes until done.

Serve shrimp over risotto. Sprinkle with Gremolata.

Gremolata: In small bowl, combine 1 teaspoon minced garlic, 1 teaspoon finely chopped fresh parsley and 1 teaspoon grated lemon rind.

Wine selections: Chenin blanc or gewurztraminer.

TOMATO BRUSCHETTA

- 1 can (14.5 oz.) chunky tomatoes with olive oil,

- garlic and spices
- 2 tsp. tomato paste
- ½ cup sliced ripe olives
- ¼ cup chopped onion
- 1 tsp. lemon juice
- 1 tsp. chopped fresh parsley
- 1 tsp. minced garlic
- ¼ tsp. salt
- 1/8 tsp. pepper

In large bowl, combine tomatoes, tomato paste, olives, onion, lemon juice, parsley, garlic, salt and pepper.

Refrigerate, covered, overnight.

Serve with sliced French bread, toasted, or bread sticks, crackers or bagel chips.

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Today's Food

Competition is hot when dinner goes with movie

When a cool spring breeze calls for an evening with a warm fire, soup and sandwich and a hot flick, plug into a meal that matches the intensity of Academy Awards night.

A satisfying meal can be put together quickly to make an evening of movie-watching as pleasurable as the tasty food that goes with it.

Here a pork roast is cooked in advance for slicing on a variety of breads and rolls. A spicy hot spread gives a sandwich tang without lots of preparation or extra fat.

Spicy Tortilla Soup is another easy-to-heat dish that mixes and heats quickly. It also primes the intensity of watching an adventure movie.

PORK HEROES

- 2 to 3 lb. boneless pork loin roast
1 tsp. cumin
1 tsp. chili powder
1/2 tsp. coriander
1 tsp. red pepper
1 1/2 tsp. black pepper
3/4 tsp. cinnamon
3/4 tsp. brown sugar
1/2 tsp. salt

TURKEY WALDORF MUFFINS

- 1/4 cup Italian salad dressing
1/4 cup dried cherries or raisins
1/4 cup toasted walnuts
1/4 cup mayonnaise
1 crisp apple, cored, thinly sliced

Preheat oven to 350°.

Pat surfaces of pork roast dry with paper toweling. Blend cumin, chili powder, coriander, red and black pepper, cinnamon, brown sugar and salt well. Rub evenly over surface of pork.

Place roast in shallow pan. Roast in preheated oven 45 minutes to 1 hour until internal temperature measured with meat thermometer registers 155°.

Remove roast from oven. Let rest 10 minutes before slicing; temperature will rise about 5° upon resting. Let cool slightly.

To serve, cut cold pork roast in thin slices and portion about 2 ounces meat per sandwich.

Choose a favorite sandwich wrapper: Kaiser rolls, onion buns, rye bread or challah.

Toppers can be sliced tomato, red onion, thinly sliced cucumber, spicy sprouts, lettuce leaves, green bell pepper rings or shredded carrot.

Offer no-fat spicy spreads of fruit chutney, spicy mustard, nonfat yogurt mixed with grated horseradish, bottled hot sauce or salsa.

Makes 6 to 8 sandwiches.
4 English muffins, split, toasted
8 oz. sliced turkey
1 rib celery, thinly sliced
Fresh sage, if desired

Combine salad dressing, cherries and walnuts.

Spread mayonnaise on toasted English muffin halves. Arrange turkey, apple and celery alternately on top. Spoon dressing mixture over top.

SPICY TORTILLA SOUP

- 1/2 lb. lean ground pork
1/2 cup chopped onion
4 cups crushed canned tomatoes
2 cups chicken broth
1 jar (8 oz.) medium-hot salsa
1 tsp. cumin
1 tsp. chili powder
1/2 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. black pepper
4 corn tortillas, cut in thin strips

In large saucepan over medium-high heat, brown pork and onion, stirring occasionally.

Add tomatoes, broth, salsa, cumin, chili powder, salt, garlic powder and pepper.

Simmer, covered, 20 minutes.

Stir tortilla strips into soup.

Simmer 5 to 10 minutes longer until tortillas are softened.

Serve hot.

Makes 6 servings; 175 calories, 12 g protein, 6 g fat and 760 mg sodium each.

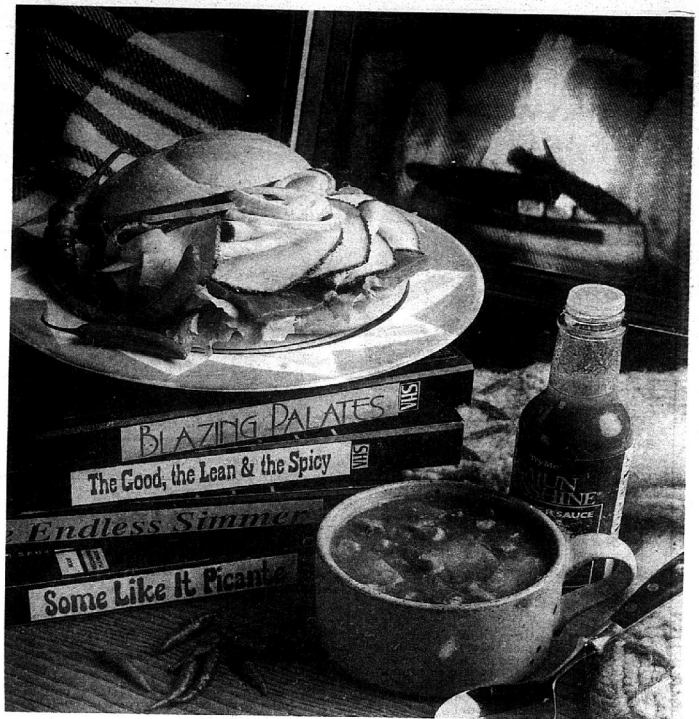
Garnish with fresh sage. Makes 4 sandwiches.

The New Food Label

The new food label makes it easier to find out what's in the food you eat. Look for "Nutrition Facts" on the side or back of the package—that's how you know it's the new food label.

Check It Out!

A public service of the publication and the U.S. Food and Drug Administration.



Nominated in the category of best meal that goes with a video are Pork Heroes and Spicy Tortilla Soup.

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Today's Food

Frozen meatless burger trims bun with less fat

Part-time vegetarianism has reached prime-time status. People eat meatless meals more often, so the search is on for main dish salads and pasta.

The supermarket holds one possibility: all-vegetable burger patties with little fat and no cholesterol. The convenient frozen burgers cook quickly, can be topped with favorite condiments and, above all, taste great.

According to a national study conducted for Vegetarian Times magazine, there are more than 12 million adult vegetarians or part-time vegetarians in the U.S., double the number in 1985. This figure is expected to double in the next five years, with aging baby boomers changing their food choices as they monitor fat and cholesterol intake.

Check the nutrition label on the package. The meatless

patties are made from soy protein blended with natural flavors, herbs and spices. Unlike animal protein, they also contain fiber.

Those who like a traditional burger can cook them by broiling or grilling, cooking in a microwave oven or pan-frying. They cook in less than 8 minutes.

For pan-fried burgers, spray the skillet with non-stick cooking spray before heating it. While the veggie-burgers cook straight from the freezer, cover the pan to keep them moist.

If grilling or broiling, baste the burgers with salsa, ketchup or a marinade after turning to help seal in moisture and add extra flavor. To avoid overcooking by any preparation method, cook the burgers until thoroughly heated and serve immediately.

Add a spicy topping for a

new taste treat.

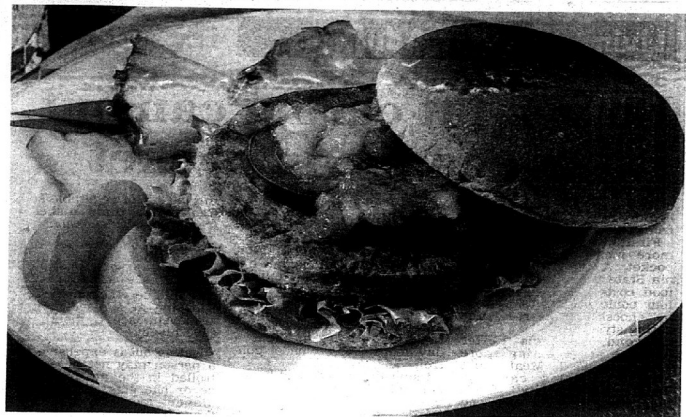
JAMAICAN SALSA BURGER

- 3 tbsp. apricot fruit spread
- 2 tbsp. crushed pineapple, well drained
- 2 tsp. horseradish
- 1 large whole wheat hamburger bun
- 1 frozen Oriental-style, non-meat burger
- 1 ring red bell pepper
- 1 lettuce leaf

Mix fruit spread, pineapple and horseradish.

Cook burger until just done. Toast hamburger bun.

Place lettuce on bottom half of bun. Top with burger, bell pepper and apricot mixture. Top with remaining bun half.



Burgers are perennial favorites. This one is meatless and saucy with spice.

Recipe

RED BEANS AND RICE

- 1 pkg. (12 oz.) turkey sausage, hot seasoning if available
- 1 small onion, chopped
- 1 rib celery, chopped
- 2 cloves garlic, minced
- 2 tbsp. cornstarch
- 2 cups water
- 2 cans (15 oz. each) light red kidney beans, drained
- 3 tbsp. chopped fresh parsley or 1 tbsp. parsley flakes
- 1/4 tsp. ground red pepper
- 1 hot cooked rice

In large skillet over medium-high heat, cook sausage, onion, celery and garlic, breaking sausage in small pieces and stirring frequently, about 10 minutes until sausage is no longer pink. Mix cornstarch and water until smooth. Add to sausage mixture. Stir in beans, parsley and red pepper. Bring to full boil. Reduce heat to medium-low. Simmer, uncovered and stirring occasionally, 15 minutes or until slightly thickened.

Serve over rice. If desired, garnish with chopped fresh parsley or green onion.

Makes 6 servings; 370 calories.

ries, 18 g protein, 62 g carbohydrate, 5 g fat, 40 mg cholesterol and 830 mg sodium.

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THE LIGHT TOUCH
By Mark Lymberopoulos
One of the joys of retirement is using neckties to tie up tomato plants.
Had there been a computer in 1870, it would probably have predicted that by now there would be so many horse-drawn vehicles it would be impossible to clean up all the manure.
In government, a "highly placed source" is the person who started the rumor. The day after tomorrow is the third day of the rest of your life.
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WHILE AMPLI QUANTITIES LAST

Today's Food

Recipe

GIANT CHOCOLATE BANANA COOKIES

1 extra-ripe medium banana, peeled, pureed
1 cup uncooked oats
1/2 cup sugar
2 cup flour
2 tsp. cocoa
1/4 tsp. baking soda
1 pinch salt

1 egg, lightly beaten
6 tsp. margarine, melted
1/4 cup chopped almonds, toasted
1/4 cup chocolate chips
In large bowl, combine oats, sugar, flour, cocoa,

baking soda and salt. Stir in banana, egg and margarine until well blended. Stir in almonds and chocolate chips. Refrigerate, covered, 1 hour until slightly firm. Batter will run if baked immediately.

Preheat oven to 350°. Grease cookie sheets. Drop dough by 1/4-cupful 3 inches apart on prepared cookie sheets. Flatten slightly with spatula. Bake in preheated oven 15 to 17 minutes until slightly

browned around edge. Remove to wire rack to cool. Makes about eight (3-inch) cookies; 276 calories, 5 g protein, 15 g fat, 34 g carbohydrate, 149 mg sodium and 34 mg cholesterol each.

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Work

"New home latest trend in technique demonstrated by Beef Industry Working Week Show March 22-24, 1995, America's Choice."

For today's new home cooking from most streamable — means combine pre-a supermarket ingredients, situation: P is cut, yet meals still cook.

Throughout fat cooking recipes that in 30 minutes demonstrate chefs, including a recipe for Pot Pie, one that will be throughout the When she keep these Cut: New ranching enabling far-far-leader markets h

Recipe

FRUIT
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Today's Food

Working women's show sets Missouri beef menu

"New home cooking," the latest trend in food preparation techniques, will be demonstrated by the Missouri Beef Industry Council at the Working Women's Survival Show March 24 to 26 at Cervantes Convention Center at America's Center in St. Louis.

For today's working woman, "new home cooking" — cooking from scratch in the most streamlined way possible — means learning how to combine prepared foods from a supermarket with fresh ingredients. It's a win-win situation: Preparation time is cut, yet healthy, delicious meals still come to the table.

Throughout the show, low-fat cooking techniques and recipes that can be prepared in 30 minutes or less will be demonstrated by noted area chefs, including Vince Bonmarito of Tony's Restaurant. Here are some tips on cooking with beef, along with a recipe for Make-It-Easy Pot Pie, one of the 12 recipes that will be demonstrated throughout the show.

When shopping for beef, keep these tips in mind:

Cut: New farming and ranching techniques are enabling farmers to produce far-leaner animals. Supermarkets help by trimming

fat much closer than they did in the '70s and '80s. While all cuts of meat are leaner today, certain cuts are leaner than others. The words "round" and "loin" indicate less fat.

Grade: U.S. Department of Agriculture's designation of "select" contains the least amount of beef marbling — marbling equals fat — while the second leanest grade is "choice."

Trim: Trim all external fat to reduce calories, fat and cholesterol significantly. Trim beef before cooking to keep fat from "migrating" into meat during cooking.

Preparation: Select a low-fat cooking method, such as broiling, grilling, roasting on a rack, microwaving or sautéing with very little oil.

Portion size: A three-ounce serving of beef is similar to the size of a deck of cards or the palm of a woman's hand.

For a three-ounce cooked serving, start with about four ounces uncooked meat.

Working Women's Survival Show tickets will be on sale at the door.

Tickets include admission to all activities with in-out privileges for that day. Adult tickets are \$7; tickets for children age six to 12 and seniors 55 and over are \$3.50.

Advance tickets can be bought at National Supermarkets for \$5.50.

AAA members receive \$1 off an adult admission by showing a AAA card at the door.

Children under 6 are admitted free, with child care facilities at no extra charge.

Free shuttle buses are available from Laclede's Landing and Arch parking lots every five minutes.

MAKE-IT-EASY BEEF POT PIE

1 lb. boneless beef top sirloin steak, cut $\frac{3}{4}$ inch thick
1 tbsp. oil
 $\frac{1}{2}$ lb. small mushrooms, quartered
1 medium onion, sliced
1 clove garlic, crushed
 $\frac{1}{4}$ cup water
1 jar (12 oz.) beef gravy
1 pkg. (10 oz.) frozen peas and carrots
1 small can ($\frac{1}{2}$ oz.) refrigerated buttermilk biscuits

Preheat oven to 400°. Trim fat from steak. Cut steak lengthwise in half, then crosswise in $\frac{1}{4}$ -inch-thick

strips. In large ovenproof skillet, heat oil over medium-high heat until hot.

Stir-fry beef, half at a time, 1 to 2 minutes until outside surface is no longer pink.

Do not overcook. Remove from skillet with slotted spoon.

In same skillet, cook mushrooms, onion, garlic and water. Cook and stir 3 minutes or until onion is tender.

Stir in gravy, vegetables and thyme. Bring to boil. Remove from heat. Stir in reserved beef.

Cut biscuits in half. Arrange in ring on top of beef mixture.

Bake in preheated oven 12 to 14 minutes until biscuit topping is golden brown.

Tip: If skillet is not ovenproof, transfer beef mixture to 9-inch square baking pan, top with biscuits and bake as directed.

Makes 6 servings; 253 calories, 9 g fat, (31 percent calories from fat), 23 g protein, 21 g carbohydrate, 52 mg cholesterol and 576 mg sodium each.



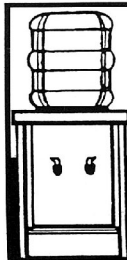
Streamline old-fashioned beef pot pie with lean and tender beef sirloin, quick-cooking vegetables and a refrigerated biscuit topping.

Recipe

FRUIT SALAD A LA PALETTE

Lemon Poppy Seed Dressing
Butter lettuce leaves
 $\frac{1}{2}$ small honeydew melon, peeled, sliced lengthwise
3 medium white or red grapefruit, peeled, sliced crosswise about $\frac{1}{4}$ inch thick, each slice halved

2 oranges, peeled, segmented
1 ripe papaya, peeled, seeded, sliced
On 4 or 5 individual plates, arrange lettuce. Divide melon, grapefruit, orange and papaya evenly among plates, arranging pieces attractively.
Lemon Poppy Seed Dressing: In small bowl combine $\frac{1}{4}$ cup plain low-fat yogurt, 1 tablespoon fresh lemon juice, 1 tablespoon honey and $\frac{1}{4}$ teaspoon poppy seeds.



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PROGRAM

Memorial's Senior Adult Group Program offers a positive approach in a supportive environment for you to share problems and find solutions. This program offers education, emotional and spiritual encouragement to help you improve the quality of your life.

DATE, TIME AND PLACE

Begins Monday, March 27, 1995 and will meet Mondays and Thursdays.

9 to 11 a.m.

Memorial's Mental Health and Counseling Services Outpatient facility - located northeast of Memorial's Main Entrance.

Don't let the challenges of growing older erode your peace of mind, call Memorial's Mental Health and Counseling Services Information Line at

233-6700

24 hours a day, seven days a week for more information or an assessment.



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Come to Women's Heart Check Day and find out how healthy your heart really is.

Heart disease, surprisingly, is one of the leading causes of death among women. In fact, every two minutes one woman dies of heart disease.

Fortunately, there is something you can do to guard yourself against heart disease -- prevention through early detection. That's why, as a special community service, Memorial will hold a Women's Heart Check Day. For just \$25, you will receive a complete heart screening to help you identify your coronary risk factors.

The screening includes:

- A complete lipid profile total blood cholesterol, LDL and HDL cholesterol, triglyceride level and a coronary risk report (12-hour fast required)
- Blood pressure
- Height/Weight
- Baseline EKG

DATE, TIME, PLACE

Saturday, April 1, 1995
7:30 to 11:30 a.m.
Memorial's Outpatient Surgery Center

FREE:

\$25.00

INFORMATION:

Pre-registration is required. Reservations can be made by calling Memorial's Community Relations Department at (618) 257-5649.

By having this screening, you've made a smart move toward learning how healthy your heart really is.



MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62223

Today's Food

Blue Ribbon Cook

Fresh fruit, spinach make winning salad

Beverly Joseph, Florissant, is the winner of this week's recipe contest for Strawberry-Mandarin Orange-Spinach Salad. For it she wins a prize of dinner certificates from Pasta House Co.

Unlike many spinach salads that use higher-fat ingredients, this fruit salad has a delicious flavor mix that is easy to combine — and even easier to eat. Joseph found it a requested favorite of the staff at a child development center where she cooked.

Recipes in this month's Spring Fruit and Veggie Recipe Contest will be accepted through March 31 for consideration as winner each week in April. Recipe suggestions include use of fresh ribwort, asparagus, strawberries, radishes, peas, spinach and others that dominate spring produce.

One recipe per household can be sent to: Spring Fruit and Veggie Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's

source. Include the name of the *Journal* you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

STRAWBERRY-MANDARIN ORANGE-SPINACH SALAD

- 2 bunches spinach, well washed, dried
- 1 pt. strawberries, sliced
- 2 cans (10 oz. each) mandarin oranges
- $\frac{1}{2}$ cup sugar
- 2 tsp. sesame seeds
- 1 tsp. poppy seeds
- $\frac{1}{4}$ tsp. minced onion
- $\frac{1}{4}$ tsp. Worcestershire sauce
- $\frac{1}{4}$ tsp. paprika
- $\frac{1}{2}$ cup oil
- $\frac{1}{2}$ cup cider vinegar

In blender or food processor, blend sugar, sesame seeds, poppy seeds, onion, Worcestershire sauce, paprika, oil and vinegar 2 minutes.

When ready to serve, pour over spinach, berries and oranges.

Rice and noodles mingle with super-duper soups

Rice and pasta are standard fare in most homes today. In the time it cooks, other dishes can be ready to make a meal.

Letting it absorb flavor along with moisture is the procedure for Souper Rice. Regular long grain rice takes about 20 minutes to heat once it comes to a boil with a can of soup and extra water. In Chicken-Noodle Parmesan, noodles can be cooked ahead of time or while other ingredients are prepared. Actual heating time is about 10 minutes.

CHICKEN-NOODLE PARMESAN

- 1 can (10 $\frac{3}{4}$ oz.) cream of chicken and broccoli soup
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup grated parmesan cheese
- Pinch pepper
- 3 cups uncooked medium egg noodles
- 2 cups cubed cooked

chicken or turkey
Chopped fresh parsley

Cook noodles according to package directions. Drain. In 3-quart saucepan, combine soup, milk, cheese and pepper. Add noodles and chicken. Over low heat, heat through, stirring occasionally. Garnish with parsley. Makes 4 $\frac{1}{2}$ cups or 4 servings.

SOUPER RICE

- 1 can (10 $\frac{1}{2}$ oz.) vegetable soup
 - $\frac{1}{2}$ cup cans water
 - 1 cup uncooked long grain rice
- In 2-quart saucepan, combine soup, water and rice. Over medium heat, heat to boiling. Reduce heat to low. Cook, covered, 20 minutes or until rice is tender and liquid is absorbed, stirring occasionally.

Recipe

CONVECTION FLUFFY LEMON CHEESECAKE

- 1 pkg. (6 oz.) zwieback crackers, finely crushed
- $\frac{1}{2}$ cup butter or margarine, melted
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 pt. (2 cups) small curd cottage cheese
- $\frac{1}{4}$ cup mild honey
- 4 eggs, separated
- $\frac{1}{4}$ tsp. salt
- 1 tsp. grated lemon peel
- 1 tsp. vanilla
- 2 tsp. lemon juice
- 1 cup unflavored yogurt
- $\frac{1}{2}$ cup granulated sugar

Preheat convection oven to 350°. Grease 9-inch spring-

form pan. Mix crushed zwieback, butter and brown sugar until crumbly. Reserving $\frac{3}{4}$ cup crumbs, evenly and firmly press remainder over bottom of prepared pan. Bake in preheated oven 5 minutes. Let cool.

In blender or food processor, blend cottage cheese, honey, egg yolks, salt, lemon peel and juice, vanilla and yogurt until smooth.

Beat egg whites until soft peaks form. Gradually add granulated sugar, beating until stiff. Fold in cheese mixture until blended.

Carefully turn out onto crumbs in pan. Sprinkle top with reserved crumbs.

Preheated convection oven to 250°. Bake about 1 $\frac{1}{2}$ hours until cake jiggles only slightly when gently shaken. Turn off heat. Leave cake in oven 1 hour longer. Cool thoroughly, then refrigerate.

Makes 8 to 10 servings.

Recipe

SHRIMP AND SPINACH PIZZA

- $\frac{1}{2}$ tsp. olive oil

- $\frac{1}{4}$ cup thinly sliced red onion
- 3 cups chopped fresh spinach
- $\frac{1}{4}$ tsp. oregano
- 1 cup (4 oz.) shredded reduced-fat mozzarella cheese
- 2 pita bread pockets

- 2 plum tomatoes, sliced 10 large shrimp, cooked, peeled

Preheat oven to 400°.

In small nonstick skillet over medium heat, cook onion in hot oil 1 minute. Add spinach. Cook 1 minute. Stir

in oregano. Sprinkle $\frac{1}{4}$ cup mozzarella cheese on each pita bread round. Top with spinach mixture, tomato, shrimp and remaining cheese. Place on cookie sheet. Bake in preheated oven 10 minutes.

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TAKE AN ADDITIONAL 50% OFF Clearance Prices On All GREEN TAGS In Furniture Dept.

TAKE AN ADDITIONAL 40% OFF Clearance Prices On All VACUUMS

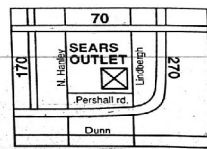
Prior purchases excluded

TAKE AN EXTRA 10% OFF only when you use your Sears Charge or Apply for a Sears Charge or Charge Plus.

Located at 8950 Pershall Rd. Hazelwood, MO HOURS: MON. - FRI. 10-7 SAT. 10-6, SUN. 11-4 (314) 731-6521

FURNITURE & APPLIANCE

OUTLET

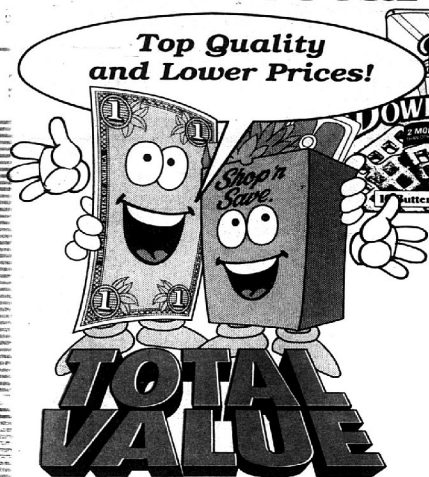


'You Can Count on Me.' SEARS

Save Money!

With Total Value From Shop'n Save.

Top Quality
and Lower Prices!



ASSORTED VARIETIES

Downyflake Waffles

2/\$1

12-OZ. PKG.
LIMIT 4

**•BONUS•
RED TAG VALUE!**

ASSORTED VARIETIES, PRE-PRICED \$2.99

Lay's
Potato Chips

3/\$5

14-OZ.
BAG

LIMIT 2 WHILE SUPPLIES LAST

Dexatrim
Caplets

199

20-COUNT
PACKAGE

SELECTED VARIETIES

Del Monte
Canned Vegetables

3/97¢

11 TO
15.25-OZ.

REGULAR OR REFILL

Ultra Downy Liquid
Fabric Softener

2/\$7

40-OUNCE

SENSITIVE EYES

Bausch & Lomb
Saline Solution

139

12-OUNCE
BOTTLE

LIMIT 2 WHILE SUPPLIES LAST

REGULAR, COLUMBIAN OR FRENCH ROAST

Spotlight
Bean Coffee

299

13-OUNCE
PACKAGE

ASSORTED OR PRINTS

Angel Soft
Bath Tissue

89¢

4-ROLL
PKG.

ASSORTED VARIETIES

Sparkle
Towels

59¢

1 ROLL

EVERYDAY LOW PRICE

ASSORTED VARIETIES
Franco American
Gravy

2/\$1

10.25
OUNCE

Post
Raisin Bran

199

20-OZ.
BOX

Havoline
Motor Oil

99¢

QUART

24-Can Cube
Pepsi or Diet Pepsi

499

12-OUNCE CANS
LIMIT 6 PEPSI
OVER LIMIT \$6.49

IN WATER

Chicken of the Sea
Chunk Light Tuna

3/\$1

6.125-OZ
CAN
LIMIT 3

LIMIT 16

Shop'n Save
Tomato Sauce

8/\$1

8-OZ.
CAN

WHITE OR WHEAT

Shop'n Save
Sandwich Bread ...

79¢

24
OZ.

24-OZ. PKG.

R•F

Spaghetti

79¢

Second Cup
Coffee

499

28-OUNCE
BAG

28-OUNCE BOTTLE

Xtra
Pine Cleaner

79¢

Shop'n Save

♪ The more you shop ♪
the more you save. SM

03221A

Shop 'n Save

Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

OUR LOW PRICE \$9.99
Seagram's
Canadian Hunter ..
AFTER \$3.00 MAIL-IN REBATE

699
1.75-LITER

OUR LOW PRICE \$12.99
Kahlua
Coffee Liqueur

999
750-ML

AMBER OR SILVER
Bacardi
Rum

689
750-ML

Canadian
Mist

599
750-ML

Jack Daniels
Black Label ..

1099
750-ML

ASSORTED
BARTLES & JAYMES
Wine
Coolers

2/\$5
4-PACK

CUBE PACK
Miller High Life
Beer

899
24-PACK
12-OZ. CANS

CONCORD, BLACKBERRY
OR CHERRY
Mogen David
Wine

2/\$5
750-ML
BTL.

Busch or
Busch Light

567
12-PACK
12-OZ. CANS

Zima
Clear Malt Liquor..

399
6-PACK
12-OZ. N/R

Icehouse or
Red Dog

2/\$7
6-PACK
12-OZ. L/N

REG., LIGHT OR ICE
Milwaukee's Best
Beer

749
24-PACK
12-OZ. CANS

Please Drink Responsibly.
Don't Drink and Drive.

Health & Beauty Care Center Red Tag Values

Excedrin
Caplets
or Tablets



269
24-CT.
PKG.

Mentadent
Toothpaste



249
3.5-OZ. TUBE OR
5.2-OZ. REFILL

SAVE \$1.28
Baby
Orajel

299
3/16
OUNCE

SAVE \$1.68
16-CT. ENZYMATIC CLEANER,
Bausch & Lomb Sensitive
Drops or Daily Cleaner ...

349
1-OUNCE
BOTTLE

SAVE \$1.89
Renu
Rewetting Drops ...

399
1/2-OUNCE
BOTTLE

SAVE \$2.28
Imodium
A-D

399
12-COUNT
PACKAGE

SAVE 20¢
SOFT & DRI, DRY IDEA OR
Right Guard
Clear Gel

219
2.25 TO
3-OUNCE

OUR LOW PRICE \$2.79
12-OZ. CONDITIONER OR
Herbal Essence
Shampoo

Free
AFTER MAIL-IN REBATE IN-STORE

More Great Health & Beauty
Values In-Store!

TOTAL VALUE

Dairy Dept. Red Tag Values

REGULAR OR LIGHT
Parkay
Quarters



2/89¢
16-OZ.
PKG.

ASSORTED VARIETIES
Florida's Natural
Premium Juice...

2/\$4
64-OZ.
CARTON

2%, 1%, HOMOGENIZED,
SKIM OR BUTTERMILK
Prairie Farms
Milk

2/\$3
HALF
GALLON

INDIVIDUALLY WRAPPED
Shop'n Save Sliced
Cheese Food

99¢
12
OZ.

More Great Dairy
Values In-Store!

Photo Processing

Your Choice of Single Prints
PLUS FREE FILM
or DOUBLE PRINTS

379
24-EXP. ROLL
3 1/2-INCH PRINTS
Everyday!
ORIGINAL COLOR PRINT FILM ONLY

HYPONEX OR
VITA HUME
Organic
Peat Moss
or Top Soil



99¢
40-LB.
BAG

More Great Lawn
& Garden Values
Available In-store!

Total Pet Values

For Your Best Friend!

EVERYDAY LOW PRICE!

ASSORTED CANNED
Whiskas
Cat Food



3/89¢
5.5-OZ. CAN

EVERYDAY LOW PRICE!

Purina
Dog Chow



799
25-POUND BAG

EVERYDAY LOW PRICE!

ASSORTED CANNED
Kal Kan
Cat Food



23¢
5.5-OZ. CAN

Bi•Rite
Large Dog Bones ...

199
4 POUND

Purina Hi Pro
Dog Food

699
20-POUND BAG



Purina
Dog Chow

1199
40-LB. BAG

Johnny Cat
Cat Liners

2/\$3
5 COUNT

ASSORTED CANNED

Amore
Cat Food



3/79¢
3-OZ. CAN

EVERYDAY LOW PRICE!

Bi•Rite
Cat Litter



199
25-POUND BAG

BEEF OR BACON
REWARD

Jerky
Treats



259
6-OUNCE PACKAGE

Frozen Food Red Tag Values

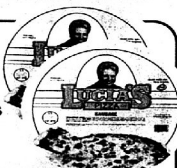
REGULAR OR
LIGHT & HEALTHY

Budget
Gourmet
Entrees



4/\$5
9 TO 10-OZ.

ASSORTED VARIETIES
Lucia's
Pizza



2/\$6
16 TO 20-OZ.

ASSORTED VARIETIES

Digiorno
12-Inch Pizza

489
31 TO 33 OUNCE

ASSORTED VARIETIES

Old El Paso
Burritos

3/\$1
3.5 TO 5-OZ.

ASSORTED VARIETIES

Banquet
Meals

98¢
8.75 TO 11-OZ.

REGULAR OR LITE

Cool Whip
Whipped Topping ..

119
12-OUNCE CARTON

FROZEN

Awake
Orange Beverage...

2/99¢
12 OZ.

More Great
Values In-Store!

03223A

Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

All New Releases

EVERY DAY LOW RENTAL PRICE **99¢** EACH

All Other Titles

EVERY DAY LOW RENTAL PRICE **49¢** EACH

All Video Games
Rentals 99¢ Everyday



Save Money!

With Total Value From Shop'n Save.

FAMILY PAK, 4-LBS. OR MORE

Fresh Ground Beef



99¢ lb.

LIMIT 3 PKGS. WITH \$10.00 ADDITIONAL PURCHASE

WHOLE, 4 TO 5-POUND AVERAGE
Jennie-O Boneless Turkey Ham

99¢ lb.
LIMIT 1

Patty Jean Cornish Hens

159
20-OUNCE PACKAGE

Oscar Mayer Lunchables

99¢
4.5-OUNCE PACKAGE

TURKEY
Louis Rich
Smoked Sausage

2/\$3
1-LB. PKG.

Kahn's Chunk
Braunschweiger

149
1-POUND PIECE

Bob Evans
Pork Sausage

199
1-POUND ROLL

VALUE PAK
Gorton's Fish
Sticks or Portions ..

299
24.5-OUNCE PACKAGE

Circle A
Beef Patties

399
5-POUND BOX

BONE-IN
Cook's Shank
Portion Ham

99¢ lb.

FAJITA OR STIR FRY
Hudson
Meal Kit

599
34-OUNCE PACKAGE

ALL MEAT
Hygrade Bologna
or Hot Dogs

99¢
1-LB. PKG.

5 A Day
Fruits and Vegetables

For Better Health!



Deli/Bakery/Seafood Shop

Swift Deli Shaved Roast Beef

399
lb.

Wisconsin Hot Pepper Cheese

299
lb.

Imported White Grapes

88¢ lb.

Fresh Baked Italian Bread

89¢
16-OZ LOAF

Fresh Daily Hamburger Buns ..

99¢
8 COUNT

Farm Fresh Catfish Fillets

299
lb.

50 TO 60-COUNT
Medium
Gulf Shrimp

499
lb.

SELECTED VARIETIES
Marzetti
Veggie Dips

148
16-OUNCE CARTON

ITALIAN OR FRENCH
Dole
Salad Blend

168
10-OUNCE BAG

Shop'n Save

The more you shop
the more you save.

PRICES GUARANTEED THRU MARCH 25, 1995
AT THE ST. LOUIS METRO STORES ONLY
WE RESERVE THE RIGHT TO LIMIT
NO SALES TO DEALERS
BAKERY/DELI/SEAFOOD NOT AVAILABLE
AT ALL LOCATIONS

For Store Locations
Call (314)984-0900

03224A

CLASSIFIEDS

877-7700

toll free
1-800-766-FAST (3278)

HOURS: MONDAY THRU FRIDAY 8:00 A.M.-5:00 P.M.-CLOSED SATURDAY AND SUNDAY

FOR YOUR INFORMATION

Please check your ad for correct classification and proper wording the first day it appears. At the time you place your ad, please verify spelling of any unusual words or names. The Journals reserve the right to edit, reject or cancel the publication of any ad.

Adjustments: Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7700. In case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

Cancellation: To cancel an ad call 877-7700. Ask for your cancellation number. This number will serve as your record of cancellation in case of any misunderstandings or adjustments. You must call before the deadline to cancel an ad. There is no refund or rebate on early cancellation when purchasing the *Sell It Fast Deal*.

Box Charges: Replies picked up at a Journal office, \$5.00 per week; replies mailed, \$10 per week.

Faxing Your Ad: Dial 1-818-876-4240 to fax your ad to us. Please include your daytime phone number, home phone

number, full name, address, city, state and zip. Print your ad clearly. A Journal sales person will call to verify your information.

Notice to Readers: Prior to responding to advertisements requesting money to be sent or invested you may wish to investigate the validity of the offering and the company. The Journals cannot assume any responsibility of such offerings within the classified pages. For information regarding the investigation of business opportunities, contact the Better Business Bureau.

RATES

SUNDAY 10 Words \$3.80
WED/THURS. 10 Words \$6.50
3 ISSUES 10 Words \$8.90

DEADLINES

SUNDAY 3:00 Friday
WED/THURS. 4:30 Monday
ILLINOIS WED. 10:00 Monday
ILLINOIS SUN. 3:00 Friday

TRANSPORTATION

Hyundai	42	Ford Trucks	87	Motorcycles/ATVs	185
Isuzu	42	GM Trucks	88	Boats/Motors	190
Jaguar	48	Isuzu Trucks	90	Boat/Canoe Rental	190
Jeep	49	Mazda Trucks	92	Antiques	200
Mazda	50	Nissan/Datsun Trucks	94		
Mercedes Benz	52	Toyota Trucks	96		
Mercedes	54	Mazda Trucks	98		
Nissan/Datsun	56	Heavy Duty Trucks	100		
Porsche	58	Vans	102		
Renault	60	Commercial Vehicles	110		
Rolls Royce	62	Misc Vehicles	115		
Saab	64	Auto/Truck Financing	120		
Subaru	66	Auto/Truck Rental	125		
Toyota	68	Car/Truck Rental	130		
Volkswagen	70	Auto Parts/Accessories	135		
Volvo	72	Auto Parts/Accessories	140		
Other	74	Auto Parts/Accessories	145		
Other	76	Auto Accessories	150		
Other	78	Motor Homes	155		
Other	80	Travel Trailers	160		
Other	82	Utility Trucks	170		
Other	84	Campers	180		

EMPLOYMENT

Decorating	945	Schools/Colleges	220
Delivery Service	950	Medical & Health Care	320
Deck/Patio/Porches	946	Resume Services	340
Drilling	956	Seminars	345
Drinking Water	958	Business Opportunities	350
Electricians	960	Child Care	360
Electricians Licensed	1010	Elderly Care	380
Electricians Unlicensed	1020	Executive/Staffing	400
Electricians/Conservation	1030	Excavating	1040
Electricians/Conservation	1040	Financial	1070
Electricians/Conservation	1050	Fire Protection	1080
Electricians/Conservation	1060	Floor Services	1100
Electricians/Conservation	1070	Florida	1105

NOTICES

Happy Ads	400
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Bed & Breakfast	405	Funeral Home	510
Societies & Lodges	410	Funeral Home	510
Announcements	420	Funeral Home	510
Personal	430	Funeral Home	510
Lost & Found	440	Funeral Home	510
Car Pools	450	Funeral Home	510
Probate Final Notice	460	Funeral Home	510
Probate Court Notice	470	Funeral Home	510
Adoption Notice	480	Funeral Home	510
Legal Notices	490	Funeral Home	510
Assessment Notices	500	Funeral Home	510
Board of Review Changes	510	Funeral Home	510
Assumed Names	520	Funeral Home	510
Claims Notices	530	Funeral Home	510
Divorce Notices	540	Funeral Home	510
Boat Name Changes	550	Funeral Home	510
Change of Name	560	Funeral Home	510
Bids & Proposals	570	Funeral Home	510
Cards of Thanks	580	Funeral Home	510
Masonic Notices	590	Funeral Home	510
In Memoriam	600	Funeral Home	510
Cemetery Lots	610	Funeral Home	510
Funeral Homes	620	Funeral Home	510
Probate Notice of Letters	630	Funeral Home	510

Accounting/Tax	741	Personal Care/Child Care	1310
Advertising	751	Personal Care/Child Care	1310
Alarm Systems	761	Personal Care/Child Care	1310
Antique Services	771	Personal Care/Child Care	1310
Antenna Installation	781	Personal Care/Child Care	1310
Assessment/Rate	791	Personal Care/Child Care	1310
Assessment/Rate	801	Personal Care/Child Care	1310
Assessment/Rate	811	Personal Care/Child Care	1310
Assessment/Rate	821	Personal Care/Child Care	1310
Assessment/Rate	831	Personal Care/Child Care	1310
Assessment/Rate	841	Personal Care/Child Care	1310
Assessment/Rate	851	Personal Care/Child Care	1310
Assessment/Rate	861	Personal Care/Child Care	1310
Assessment/Rate	871	Personal Care/Child Care	1310
Assessment/Rate	881	Personal Care/Child Care	1310
Assessment/Rate	891	Personal Care/Child Care	1310
Assessment/Rate	901	Personal Care/Child Care	1310

Real Estate	1320	Real Estate	1320
Real Estate	1330	Real Estate	1320
Real Estate	1340	Real Estate	1320
Real Estate	1350	Real Estate	1320
Real Estate	1360	Real Estate	1320
Real Estate	1370	Real Estate	1320
Real Estate	1380	Real Estate	1320
Real Estate	1390	Real Estate	1320
Real Estate	1400	Real Estate	1320
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Real Estate	1480	Real Estate	1320
Real Estate	1490	Real Estate	1320
Real Estate	1500	Real Estate	1320

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Real Estate	1460	Real Estate	1320
Real Estate	1470	Real Estate	1320
Real Estate	1480	Real Estate	1320
Real Estate	1490	Real Estate	1320
Real Estate	1500	Real Estate	1320

Limited Time Offer

\$1000 Cash Back

ON ALL NEW 95 MINIVANS
FRONT OR REAR WHEEL DRIVE

30 in stock

1995 Windstar Wgn. **1995 Aerostar Wgn.**

WE HAVE A LARGE SELECTION OF PRE-OWNED CARS AND TRUCKS WELL CONDITIONED IN ALL PRICE RANGES — SEE US TODAY!

'92 ESCORT P-16, AIR, AIR, AIR, STEERING \$6,990	'90 SUNBIRD GT AUTO, AIR, MORE, 32, 2X4 MILES \$7,290	'92 TEMPO A/C, AIR, AIR, 77, 77, 77, AIR \$7,290	'89 MUSTANG LX V6, AUTO, AIR, 35, 2X4 MILES \$7,990	'93 ESCORT LX A/C, AIR, AIR, 27, 27, 27, AIR \$8,990
'88 JEEP WAGONER A WHEELDRIVE AUTO, AIR \$8,990	'91 T-BIRD JEEP, AIR, AIR, 27, 27, 27, AIR \$8,990	'91 SABLE WAGON A/C, AIR, AIR, 27, 27, 27, AIR \$8,990	'91 SABLE WAGON A/C, AIR, AIR, 27, 27, 27, AIR \$8,990	'91 GRAND PRIX SE 3 DOOR, FULLY EQUIPPED, 42, 2X4 \$10,490
'92 SKYLARK GRAN SPORT A/C, AIR, AIR, 27, 27, 27, AIR \$10,490	'93 RANGER XL V6, AUTO, AIR, 27, 27, 27, AIR \$10,890	'93 AEROSTAR XL V6, AUTO, AIR, 27, 27, 27, AIR \$11,390	'90 SUBURBAN V6, AUTO, AIR, 27, 27, 27, AIR \$13,990	'92 EXPLORER XLT V6, AUTO, AIR, 27, 27, 27, AIR \$17,390

Special Purchase Factory Program Cars
Low Mileage Units

1994 Tempo GL 4 Door \$10,790 **1994 Taurus GL 4 Door \$13,990**

- Auto Transaxle
- Air Cond., T. Glass
- Power Windows
- Power Seats
- Stereo Cassette
- Power Steering
- Power Brakes
- Rear Defrost
- Speed Control

SAVE THOUSANDS! Balance of factory Warranty to 3 years or 36000 miles
ALL PRICES Exclude Tax, Title, License and Doc. Fee.

PARTS AND SERVICE DEPARTMENT
OPEN MONDAY THRU FRIDAY 7:00 A.M. TO 5:00 P.M.
A Full Service Dealer
KOEITTING
FORD INC.

ATTENTION USED CAR BUYERS!

BRING IN AD!

From Now Until April 15, 1995,
INSTA-CREDIT AUTO MART will
MATCH YOUR OWN PAYMENT
up to \$1000 OFF PRICE OF CAR*

The More Cash You Put Down... The More Cash We Take Off The Price!

BUY WITH CONFIDENCE
There's NO RISK with our exclusive 7 DAY RETURN POLICY
IT'S SIMPLE.

EVERYONE QUALIFIES
Regardless of Past Credit
Bad Credit No Credit Divorce 1st Time Buyers

INSTA-CREDIT AUTO MART
346-8890

Collinsville
1/2 mile north of I-57/70 on ILL 157
910 N. Bluff Road, across from Dave Croft Dodge
JRL week of 3/19

COUPON

91 Mitsubishi Eclipse
All Wheel Drive, Low Miles. A perfect car in every way.
Jack Schmitt's
Chevrolet/Geo
1829 Vandalia, Collinsville 348.5444

Yellow Tag Sale

<p>SENTRA LE</p> <p>With Air Conditioning With Automatic Transmission With AM/FM Cassette Stereo</p> 	<p>'95 ALTIMA GXE</p> <p>With Air Conditioning Stereo Cassette Power Windows & Locks Tilt & Cruise</p> 	<p>'95 MAXIMA GXE</p> <p>Loaded</p> 	<p>'95 PICKUPS</p> <p>With Air Conditioning With Power Steering V6 AM FM Cass etc Stereo</p> 	<p>'95 QUEST</p> <p>Loaded</p> 
 <p>\$11,999 DEL.</p>	 <p>\$14,999 DEL.</p>	 <p>Lease \$289⁰⁰ mo.</p>	 <p>\$10,999 DEL.</p>	 <p>\$17,799 DEL.</p>

Come visit our new state-of-the-art facility!

I-270 and North Lindbergh • 731-2228



15 minutes from everywhere

26 Months Lease — \$1,999 Altima & \$1,500 Maxima Down
Cash or Trade-In, Title & Registration excluded to qualified
buyers. Limited Time



32 MISC AUTOS

BOB BROCKLAND
PONTIAC-GMC
PRE-OWNED CARS & TRUCKS
271-2700
Hwy. 111 & Maryland Ave., Fairmont City, IL 62201
PRICED TO SELL
AS IS SPECIALS

84 Cadillac Sedan DeVille, Full Power, Good Condition... 12,995
87 Chevy Caprice, 4 Dr., Auto, Runs Good... 11,995
84 Chevy Caprice, Full Power, Good Shape, Runs Great... 11,995
89 Plymouth Horizon, Auto, Good car... 11,995

TRUCKS & VANS

83 Ford F150 Ext. Cab, 3.8L V6, Low Miles, Fully Loaded, Won't Last... 12,995
80 GMC S-10 V6 Super Classic, Auto, 4.3 V6, Very Clean... 11,995
81 GMC Safari X1 All Wheel Drive SLZ Van, Loaded, Clean... 12,995
80 GMC V. Van F150 SLZ, 3.8L V6, Very Clean... 12,995
81 Ford Aerostar XL Ext. Van, Fully Loaded, New Clean... 12,995
84 Ford Aerostar XL Pass. Van, 4 cyl., Very Clean, Great Buy... 12,995
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511.0L, 512.0L, 513.0L, 514.0L, 515.0L, 516.0L, 517.0L, 518.0L, 519.0L, 520.0L, 521.0L, 522.0L, 523.0L, 524.0L, 525.0L, 526.0L, 527.0L, 528.0L, 529.0L, 530.0L, 531.0L, 532.0L, 533.0L, 534.0L, 535.0L, 536.0L, 537.0L, 538.0L, 539.0L, 540.0L, 541.0L, 542.0L, 543.0L, 544.0L, 545.0L, 546.0L, 547.0L, 548.0L, 549.0L, 550.0L, 551.0L, 552.0L, 553.0L, 554.0L, 555.0L, 556.0L, 557.0L, 558.0L, 559.0L, 560.0L, 561.0L, 562.0L, 563.0L, 564.0L, 565.0L, 566.0L, 567.0L, 568.0L, 569.0L, 570.0L, 571.0L, 572.0L, 573.0L, 574.0L, 575.0L, 576.0L, 577.0L, 578.0L, 579.0L, 580.0L, 581.0L, 582.0L, 583.0L, 584.0L, 585.0L, 586.0L, 587.0L, 588.0L, 589.0L, 590.0L, 591.0L, 592.0L, 593.0L, 594.0L, 595.0L, 596.0L, 597.0L, 598.0L, 599.0L, 600.0L, 601.0L, 602.0L, 603.0L, 604.0L, 605.0L, 606.0L, 607.0L, 608.0L, 609.0L, 610.0L, 611.0L, 612.0L, 613.0L, 614.0L, 615.0L, 616.0L, 617.0L, 618.0L, 619.0L, 620.0L, 621.0L, 622.0L, 623.0L, 624.0L, 625.0L, 626.0L, 627.0L, 628.0L, 629.0L, 630.0L, 631.0L, 632.0L, 633.0L, 634.0L, 635.0L, 636.0L, 637.0L, 638.0L, 639.0L, 640.0L, 641.0L, 642.0L, 643.0L, 644.0L, 645.0L, 646.0L, 647.0L, 648.0L, 649.0L, 650.0L, 651.0L, 652.0L, 653.0L, 654.0L, 655.0L, 656.0L, 657.0L, 658.0L, 659.0L, 660.0L, 661.0L, 662.0L, 663.0L, 664.0L, 665.0L, 666.0L, 667.0L, 668.0L, 669.0L, 670.0L, 671.0L, 672.0L, 673.0L, 674.0L, 675.0L, 676.0L, 677.0L, 678.0L, 679.0L, 680.0L, 681.0L, 682.0L, 683.0L, 684.0L, 685.0L, 686.0L, 687.0L, 688.0L, 689.0L, 690.0L, 691.0L, 692.0L, 693.0L, 694.0L, 695.0L, 696.0L, 697.0L, 698.0L, 699.0L, 700.0L, 701.0L, 702.0L, 703.0L, 704.0L, 705.0L, 706.0L, 707.0L, 708.0L, 709.0L, 710.0L, 711.0L, 712.0L, 713.0L, 714.0L, 715.0L, 716.0L, 717.0L, 718.0L, 719.0L, 720.0L, 721.0L, 722.0L, 723.0L, 724.0L, 725.0L, 726.0L, 727.0L, 728.0L, 729.0L, 730.0L, 731.0L, 732.0L, 733.0L, 734.0L, 735.0L, 736.0L, 737.0L, 738.0L, 739.0L, 740.0L, 741.0L, 742.0L, 743.0L, 744.0L, 745.0L, 746.0L, 747.0L, 748.0L, 749.0L, 750.0L, 751.0L, 752.0L, 753.0L, 754.0L, 755.0L, 756.0L, 757.0L, 758.0L, 759.0L, 760.0L, 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Blueberry Hill
6504 Delmar 727-0880 (Music Phone
727-0880)
All shows start around 9:30 p.m. with a
\$1-4 cover.
Mopex (Dylan meets Santana), March 24.
Yard Squad (reggae), March 25, April 2, May
5 & June 10.
Cave Street (reggae & blues), March 31.
Pretty Polly (alt-country), April 1, May 26 &
June 23.
Reggae At Will (reggae), April 8 & 29, May 6,
20 & 27, June 3, 10, 17 & 24, July 1.
Murder City Players (reggae), April 14, May
12 & June 9.
Lake's Leg (head-bash rock), April 15 & May
13.
Diamond Stud (country & rock), April 21.
Curmudgeon's Day (modern rock) & Chalk
Circle (modern rock), April 22.
Mumbly Peg (alt-country), Johnny Magnet
(alt-country), and Cary James (alt-country), June
2.

Boat House
212 N. Main, St. Charles 940-9253
Mark Gordon with London Calling, 9 p.m. -
1 a.m. March 24.

Brandt's Market & Cafe
6525 Delmar 727-3663
Toll-Mobley Group, April 23.

Brewsky's
1792 N. New Hanover Rd. 837-0553
Beno, March 22, 23, 29 & 30.
Little Too Much, March 24 & 25.
Mike Cody, March 28.
Childs Play, April 1.

The Brick of St. Louis
3550 S. Broadway 773-9758
JBF Flyers, March 30.

Broadway Oyster Bar
736 S. Broadway 211-8811
Joe Bidwell Trio, March 28.

Casa Loma Ballroom
3354 Iowa 664-0000
Route 66 - The Big Band Sound, March 19
and April 6 & 30.
Bob Constantino, April 6, 13, 20 & 27.
Brown, Beams & Ham, April 8.
Don James Orchestra, April 14.
The New Jay Band, April 15.
ShBoom, April 22.
Alley Kats, April 28.
Latin Extravaganza with El Caribe Tropical &
Solucion Latina, April 29.

Casino St. Charles
Riverfront Station, St. Charles 947-3323
Galaxy, at the blackjack casino, 8:30 - 11:45
p.m. March 26, 27, 28, 29, 30, 31, April 1, 2, 3 &
4.
Rose Totto, March 25 & 25.

Cave Springs Lanes
4050 Mexico Rd. 441-1274
Redskins, March 24 & 25.
Random Access, March 31.
Scott Price & American Express Band, April 1.

Chris' Pub
1831 Dunn Rd. 837-5491
Zoe Ann & Larry, 8:15 p.m. March 21 & 28
and April 13, 18 & 25.
Jax Fusion, 8:30 p.m. - 12:00 a.m. March 24,
25 & 4 and April 7, 8, 14, 15, 21, 22, 28 & 29.

Christ Church Cathedral
1210 Inwood St. 211-4554
Betsy Feldman will perform a free flute
concert at 2:30 p.m. March 19. The concert
features the music of Holst, Mozart and Be-
ethoven.
John McGroppo, violin and Ruth Price,
piano, will perform a free concert at 7:30 p.m.
March 20. The concert features the music of
Bach, Handel, Haydn and Prokofiev.
Whitaker University Choral Society presents
Twentieth Century Hungarian Choral Mass at
2:30 p.m. March 26. The concert is free and

open to the public. For more information call
960-7032.

Christ Pilgrimage Rest M. B. Church
1341 N. Kingshighway 367-2974
St. Louis Community Choir reunion concert
with special guest Rev. Lawrence Thompson, 4
p.m. March 26. Tickets are \$10 for adults and \$5
for children ages 5-12. Menorah has tickets.
concert information at 534-1111.

Corcoran's
2227 Wyoming 776-7447
JBF Flyers, March 30.

Cotter's Lounge
4610 S. Kingshighway 333-9943
Southside Wally & Greg Lawrence, March
25.

Cutters
239 Carlyle, Belleville, Ill. (618) 335-7462
Fanfare featuring Kittle Moller, March 23 &
24.

Dave's Cappuccino
206 N. Bluff Rd. (618) 344-JAVA
Mike Rimmer, 9 p.m. March 22 and April
20. \$2 cover.
Tim Scott, 9 p.m. March 23 and April 6 & 15.
\$2 cover.
Butch Moore, 9 p.m. March 24 and April 21.
\$2 cover.
Dave Lindsay, 9 p.m. March 25 & 30 and
April 1 & 8, 12, 14, 22 & 26. \$2 cover.
George Rock, 9 p.m. March 29 and April 5 &
19. \$2 cover.
Dave Mendoza, 9 p.m. March 31. \$2 cover.
Rick Reckl, 9 p.m. April 7. \$2 cover.
Rick Harmon, 9 p.m. April 13. \$2 cover.
Mark Gordon, 9 p.m. April 26. \$2 cover.
Rue Anderson, 9 p.m. April 27. \$2 cover.
Alice Knight, 9 p.m. April 28. \$2 cover.

Dogtown Bar & Grill
1808 Meramec Valley Plaza 861-1777
Killer Wally, 8:30 p.m. to 12:30 a.m. March
21 & 30.

Eden Seminary Commons
475 East Lockwood
St. Louis Voices, 8 p.m. May 20. Tickets are
\$10.

1860 Saloon & Restaurant
508 S. 9th 231-1860
Festive Acrobats, 7:30 - 11:30 p.m. March
19.
Steakhouse, 9 p.m. - 1 a.m. March 21 &
28.
Fluid Dance, 9 p.m. - 1 a.m. March 22 & 29.
Soul Reunion, 9 p.m. - 1 a.m. March 23 &
30.
Rhythm Imperials, 9 p.m. - 1 a.m. March 24
& 31.
Soul Reunion jam session, 2:30 - 6:30 p.m.
March 25.
Black Dog Blues, 9 p.m. - 1 a.m. March 25.
Patti & the Hittens, 7:30 p.m. - 11:30 p.m.
March 26.

The Ethical Society
9001 Clayton Road 991-0955
Synchronia, a contemporary chamber
ensemble, hosts NewEar, Kansas City's 20th
century chamber ensemble, for "The Internal
Tough" a collection of post-50s chamber works
of various minimalist persuasions at 4 p.m.
March 26. Single tickets are \$12 (\$6 for students,
seniors and starving artists). For more infor-
mation call 664-9113.
Synchronia, a contemporary chamber
ensemble, presents "You Ask For It" The group
will perform works selected by audience vote
over the season at 8 p.m. June 3. Single tickets
are \$12 (\$6 for students, seniors and starving
artists). For more information call 664-9113.

Family Affair
13154 Tesson Ferry 842-3883
Famja & The Duggan Express, 9 p.m. - 1
a.m. March 31 & April 1.

Firefighters' Hall
5855 Chris 332-4800
Jefferson Quintet will perform from 8:30
to 11:30 p.m. March 24 and April 7. The band
features Rudy Schaefer, bass, Nick Mural
saxophone, Cliff Fredericksen, piano, Chris
Puteche, trombone, Art Caggio, drums, and
Carol Meisinger, vocals. Admission is \$5 in
advance and \$6 at the door. Call 351-8671 for
information and tickets.

Garage Bar
6650 Meramec Road, St. Peters 278-1334
Little Too Much, April 28 & 29.
Little Too Much, May 12 & 13.
Slaying, May 19 & 20.
Little Too Much, Sept. 15 & 16.
Little Too Much, Oct. 20 & 21.
Little Too Much, Nov. 17 & 18.
Little Too Much, Dec. 15 & 16.

Hannegan's On The Landing
719 N. 2nd Street 241-8877
Sung Set, 7:30 p.m. March 14 & 25.
Oliver Sath Review, 7:30 p.m. March 31 and
April 1.

Holiday Inn - St. Peters
170 at Cave Springs 928-1500
Fanfare-Kittle Moller, March 31.

Jake's Steaks
707 Claymeyer Alley
Mike Krick, 7:11 p.m. March 24 and 8 p.m.
to midnight March 25.
Stan Waggoner & Eddie Eastwood, 8 p.m.
to midnight April 1.

Jamestown Sports Complex
Bench Bar & Grill
5100 N. Hwy. 62 355-5363
Concept, 8 p.m. to midnight June 30.

Joey's Doghouse
9855 Broadway 638-8443
Chic, 9 p.m. - 1 a.m. March 22 & 29.
Mark Gordon, 9 p.m. - 1 a.m. March 23
& 30.

Johnny's
2612 S. Grand 664-1900
Big Dog, 9 p.m. - 1 a.m. April 7. \$2 cover.

Johnny's Restaurant & Bar
1017 Russell 866-0700
Lennie G. & The Blue Flames, 8 p.m. to
midnight March 23.
Big Daddy's Blues Band, 9 p.m. - 1 a.m.
March 24, 25 & 31.
Big Daddy's Blues Band, 8 p.m. to midnight
March 30.

Jolly Acre
1026 State St., Nashville, Ill. (618)
336-3410
Mark Gordon with Farrell Webber, March
31.

Jordan's Restaurant
12908 New Halls Ferry Rd. 838-1155
Michael Young Band, 8:30 p.m. - 12:30
a.m. April 1, 7, 8, 14, 15, 21, 22, 28, 29 and
May 5, 6, 12, 13, 19, 20 & 27.

Kemps
13120 Tesson Ferry 842-0823
Southside Wally & Greg Lawrence, March
24 & 31 and April 7, 14 & 28.

Kennedy's 2nd Street Company
612 N. 2nd St. 332-3656
My Little Doge China, all ages matinee 2:5
p.m. March 19. \$5 cover for those under 21, \$2
for 21 and over.
Villa Nova Junction, 9 p.m. - 1 a.m. March
19 & 26.
My Little Doge China, 10 p.m. - 1 a.m.
March 20. No cover.
Dave Katz hosts City Jam, 10:30 p.m. - 2:30
a.m. March 21. \$4 cover from 9:30 p.m. to
midnight, \$10 after midnight, \$1 to non-drink-
ers. Cindy Burnett hosts Kennedy's Unplugged
7:11 p.m. March 22. No cover.
Flood, midnight - 2:30 a.m. March 22. No
cover.
Soul Kiss, 10:30 p.m. - 2:30 a.m. March 23.
\$1 cover after 9:30 p.m.
Robyn Ragland, acoustic dinner show,
7:30 p.m. March 24.
Burnt Nervends with Flood 10:30 p.m. - 12:30
a.m. March 24. \$3 cover after 9:30 p.m.
Soulfully, 10 p.m. - 2:30 a.m. March 25.
\$5 cover after 8:30 p.m.
Almost Imbua, all ages matinee 2:5 p.m.
March 26. \$5 cover for under 21 and \$2 for
those 21 and over.
Mark Gordon, acoustic dinner show, 7:30-9
p.m. March 26.
Villa Nova Junction, 9 p.m. - 1 a.m. March
26. No cover.

Kiel Center
Eagles, 8 p.m. April 5. Reserved tickets \$76,
\$66 & \$46.
Jimmy Page and Robert Plant, 6 p.m. May 6.
Reserved tickets \$40 & \$29.

K.T.'s Smokehouse
6254 Telegraph 892-7788
Chic, 7:11 p.m. March 21 & 28.
Southside Wally & Greg Lawrence, March
22 & 29 and April 1, 5, 8, 12, 19 & 26.
Soul Reunion, 9 p.m. - 1 a.m. March 25

The Last Resort Night Club
3664 Hwy. 111, Pontoon Beach, Ill. (618)
931-3050
Firelake, March 24 & 25.
Cruze, March 31 and April 1.
Short Fuse, April 7 & 8.

A Little Bit of Texas
3590 Rider Trail South, Earth City, Mo.
298-7163
Nelson White, March 21, 22, 23, 24 & 25.
Jon Brennan, 4 p.m. March 26. Tickets are
\$1 for those 12 years and older, \$1 for those 11
and under, general admission only.
Randall Brothers, March 28, 29, 30 & 31 and
April 1.
Bryan White, 8 p.m. March 28. Randall
Bro. opens. Tickets are \$5 for gold seats, gener-
al admission is free.

Lucious Boomer's
707 Claymeyer 621-8155
Fantasy, 9:30 p.m. - 2:30 a.m. March 20 &
21.
The Heaters, 9:30 p.m. - 2:30 a.m. March
27.

Marx Bros. Restaurant & Bar
1000 Laurel St., Highland, Ill. (618)
654-7232
Chic, 9 p.m. - 1 a.m. March 24.

Max's Bar & Grill
112 S. Benton 731-3443
Randy Lowry and Ivan Smith, 5:30-8:30
p.m. March 27, 28 & 30.
Randy Lowry and Ivan Smith, 6 p.m. to
midnight March 24 & 31.
Randy Lowry and Ivan Smith, 9 p.m. to
midnight March 25.

Mokabee's Coffee House
3666 Avenal 865-3009
Todd Mobley Group, April 14.

Molly's
816 Ceyer 436-8921
JBF Flyers, March 22 & 29.

Ninth & Restaurant
2028 S. 9th 773-5565
Dutch Schultz & The Untouchables, April 1,
8 & 15 & 22.

94th Aero Squadron
5933 McDaniel Blvd. 731-3300
Mark Gordon, 5-8 p.m. March 22 & 29.
Michael Young Band, June 5, 9, 10, 16,
17, 23, 24 & 30.

CANDIDATES
CONSOLIDATED ELECTION - APRIL 4, 1995
MADISON COUNTY, ILLINOIS

JURISDICTION	OFFICE FILED FOR	TERM	VOTE FOR	PARTY	CANDIDATE NAME
CITY OF GRANITE CITY	SUPERINTENDENT OF STREETS	4 YR	1	INDEPENDENT	GLENN ROMINE
				INDEPENDENT	JERRY LAKIN
				INDEPENDENT	CLAYTON "JUG" HARRISON
	ALDERMAN - WARD 1	4 YR	1	INDEPENDENT	BOB E. PAGE
	ALDERMAN - WARD 2	4 YR	1	INDEPENDENT	"VIRGO" KAMBARIAN, JR.
				INDEPENDENT	BRIAN A. FUZZESSERY
				INDEPENDENT	SAM RONGEY
	ALDERMAN - WARD 3	4 YR	1	INDEPENDENT	BOB SHIPLEY
	ALDERMAN - WARD 4	4 YR	1	INDEPENDENT	JUANITA CRAWLEY
	ALDERMAN - WARD 5	4 YR	1	INDEPENDENT	NANCY LEE SANDERS
CITY OF MADISON				INDEPENDENT	EDWARD HOGAN
				INDEPENDENT	JAMES E. BAILEY, SR.
				INDEPENDENT	LURION PULLEY
				INDEPENDENT	MATTHEW MILLER
				INDEPENDENT	MAC WARFIELD
				INDEPENDENT	WAYNE SCANNELL
				INDEPENDENT	CHARLEY CROSS
				INDEPENDENT	ALAN CRIDER
				INDEPENDENT	WALTER MILTON
				INDEPENDENT	SANDRA A. CRITES
VILLAGE OF PONTOON BEACH				INDEPENDENT	BOB COOK
				INDEPENDENT	ALEXIS ROZYCKE LUX
				INDEPENDENT	RICHARD R. GEORGE
				INDEPENDENT	RALPH W. MILLER
				INDEPENDENT	THOMAS (TOM) L. CASS
				INDEPENDENT	JOHN W. HAMM III
				INDEPENDENT	NORRIS G. HORTON
				INDEPENDENT	HARVEY L. HAYNES
	VILLAGE PRESIDENT	4 YR	1	VILLAGE IMPROVEMENT PARTY	GLEN R. WILSON
	VILLAGE CLERK	4 YR	1	VILLAGE IMPROVEMENT PARTY	MICHAEL (MIKE) MACEK
VILLAGE OF TRUSTEE				UNITED FOR PROGRESS	LOUIS "LOU" WHITSELL
				UNITED FOR PROGRESS	MARY L. ROWDEN
				VILLAGE IMPROVEMENT PARTY	BILL G. ROSS
				VILLAGE IMPROVEMENT PARTY	JANET BARRINGER
				UNITED FOR PROGRESS	DONALD R. MCNEH
				UNITED FOR PROGRESS	IRENE KARLECHIK
				UNITED FOR PROGRESS	GUS FALTER
				UNITED FOR PROGRESS	RANDALL E. PRESSWOOD
				INDEPENDENT	ALEXIS ROZYCKE LUX
				INDEPENDENT	RICHARD R. GEORGE
GRANITE CITY LIBRARY DISTRICT	LIBRARY TRUSTEE	6 YR	2	INDEPENDENT	LARRY M. BROWN
				INDEPENDENT	RUBY JOHNSON
				INDEPENDENT	SILVER L. FRANKLIN
				INDEPENDENT	GEORGE W. WADE, JR.
				INDEPENDENT	WILLIAM W. WILSON, JR.
				INDEPENDENT	HAROLD WILSON, SR.
				INDEPENDENT	VICTOR A. VALENTINE, SR.
				INDEPENDENT	MARY JO AKEMAN
				INDEPENDENT	GEORGE FILCOFF, SR.
				INDEPENDENT	RON PARENTE
GRANITE CITY PARK DISTRICT	PARK COMMISSIONER	6 YR	2	INDEPENDENT	BRIAN PATTERSON
				INDEPENDENT	LEONARD WILSON, JR.
				INDEPENDENT	BARRY LONAN
				INDEPENDENT	OLIVIA ANNETTE ERVIN
				INDEPENDENT	CELESTINE WILLIAMS
				INDEPENDENT	EARL HOGAN
				INDEPENDENT	LARRY M. BROWN
				INDEPENDENT	RUBY JOHNSON
				INDEPENDENT	SILVER L. FRANKLIN
				INDEPENDENT	GEORGE W. WADE, JR.
VENICE PARK DISTRICT	PARK COMMISSIONER	6 YR	1	INDEPENDENT	WILLIAM W. WILSON, JR.
				INDEPENDENT	HAROLD WILSON, SR.
				INDEPENDENT	VICTOR A. VALENTINE, SR.
				INDEPENDENT	MARY JO AKEMAN
				INDEPENDENT	GEORGE FILCOFF, SR.
				INDEPENDENT	RON PARENTE
				INDEPENDENT	BRIAN PATTERSON
				INDEPENDENT	LEONARD WILSON, JR.
				INDEPENDENT	BARRY LONAN
				INDEPENDENT	OLIVIA ANNETTE ERVIN

CANDIDATES
CONSOLIDATED ELECTION - APRIL 4, 1995
MADISON COUNTY, ILLINOIS

JURISDICTION	OFFICE FILED FOR	TERM	VOTE FOR	PARTY	CANDIDATE NAME
CITY OF VENICE	ALDERMAN - WARD 1	4 YR	1	INDEPENDENT	CELESTINE WILLIAMS
				INDEPENDENT	EARL HOGAN
				INDEPENDENT	LARRY M. BROWN
				INDEPENDENT	RUBY JOHNSON
				INDEPENDENT	SILVER L. FRANKLIN
				INDEPENDENT	GEORGE W. WADE, JR.
				INDEPENDENT	WILLIAM W. WILSON, JR.
				INDEPENDENT	HAROLD WILSON, SR.
				INDEPENDENT	VICTOR A. VALENTINE, SR.
				INDEPENDENT	MARY JO AKEMAN
GRANITE CITY LIBRARY DISTRICT	LIBRARY TRUSTEE	6 YR	2	INDEPENDENT	GEORGE FILCOFF, SR.
				INDEPENDENT	RON PARENTE
				INDEPENDENT	BRIAN PATTERSON
				INDEPENDENT	LEONARD WILSON, JR.
				INDEPENDENT	BARRY LONAN
				INDEPENDENT	OLIVIA ANNETTE ERVIN
				INDEPENDENT	CELESTINE WILLIAMS
				INDEPENDENT	EARL HOGAN
				INDEPENDENT	LARRY M. BROWN
				INDEPENDENT	RUBY JOHNSON
GRANITE CITY PARK DISTRICT	PARK COMMISSIONER	6 YR	2	INDEPENDENT	SILVER L. FRANKLIN
				INDEPENDENT	GEORGE W. WADE, JR.
				INDEPENDENT	WILLIAM W. WILSON, JR.
				INDEPENDENT	HAROLD WILSON, SR.
				INDEPENDENT	VICTOR A. VALENTINE, SR.
				INDEPENDENT	MARY JO AKEMAN
				INDEPENDENT	GEORGE FILCOFF, SR.
				INDEPENDENT	RON PARENTE
				INDEPENDENT	BRIAN PATTERSON
				INDEPENDENT	LEONARD WILSON, JR.
VENICE PARK DISTRICT	PARK COMMISSIONER	6 YR	1	INDEPENDENT	BARRY LONAN
				INDEPENDENT	OLIVIA ANNETTE ERVIN
				INDEPENDENT	CELESTINE WILLIAMS
				INDEPENDENT	EARL HOGAN
				INDEPENDENT	LARRY M. BROWN
				INDEPENDENT	RUBY JOHNSON
				INDEPENDENT	SILVER L. FRANKLIN
				INDEPENDENT	GEORGE W. WADE, JR.
				INDEPENDENT	WILLIAM W. WILSON, JR.
				INDEPENDENT	HAROLD WILSON, SR.

Dated at Edwardsville, Illinois this 15th day of March, 1995.

DEBBIE SALTICH
County Clerk and Madison County Election Authority.

#730C

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, March 22

International Training in Communication (ITC), Illinois Club meets 5:30 p.m. at Havanelli's Restaurant, 3 American Village Shopping Center, Granite City. **Disabled American Veterans Chapter 53** will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, 2106 Delmar Ave., at 1417 19th St., in Granite City. Call 876-7816 for more information. **Granite City Chess Club** meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4328. **Mount Zion General Baptist Church**, 2827 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Wrestling With Angels, a TV series and discussion of the tough questions of life, will be held from 5:30 to 6:45 p.m. at First Presbyterian Church, 2106 Delmar Ave., in Granite City. Bring your own snacks.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2209 Vandalia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2428.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information, call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, March 23

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mineola, 398-9499.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Take Off Pounds Sensibly Chapter 2383, 6:45 p.m. at Anchorage Recreation Center, 2902 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 88th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, March 24

The Eagles Auxiliary 1126 Ways and Means Committee will host a dessert sale from 5 to 8 p.m. at the Aerie's fish fry held at the Eagles home, 2558 Madison Ave., in Granite City. Contact Ann Pate, president, to volunteer or donate desserts.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Family Catholic Church, 2606 Washington Ave., in Granite City, will offer a Lenten fish fry from 4 to 7 p.m. Hand-dipped cod fish, choice of spaghetti or fries and slaw will be offered in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for homemade desserts. Carry-outs are available.

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Friday Afternoon Pinocchio for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety). A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3064 for more information.

Saturday, March 25

Polish Pierogi Sale. Sacred Heart of Jesus Church, 930 Reynolds, Madison. 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, punn pudding and taco. Carry-outs only. \$6 per dozen. Cooked and ready to heat and eat. Also available are chrusciki and rosettes for \$3 per plate. Order ahead by calling 876-5860.

Madison County Humane Society will host an adopt-a-pet day from noon to 4 p.m. at the O'Fallon PetsMart.

Quadrant Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-4608.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman. Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, March 26

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6

p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-2400.

Mitchell Presbyterian Church will host its first annual Community Kite Flying Exhibition beginning at 1 p.m. at the church, located at the corner of Greenway Drive and East Chain of Rocks Road in Mitchell. All community elementary-age children and their parents are welcome to participate. Ribbons will be given. Call 797-1119 for more information.

Trails West Council Boy Scouts of America will host a pancake breakfast, sponsored by the Kishkako Lodge 32 Order of the Arrow, from 7 a.m. to 1 p.m. at the St. Elizabeth School cafeteria, Johnson and Pontoon roads, in Granite City. The cost is \$4 for adults, \$3.50 for senior citizens, \$2 for children under 10 years of age and free for children under five years of age.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a 50-50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, March 27

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 461-9655.

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinta room. Any man or woman 18 or older interested in Lionism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 876-2515 or Lion Treasurer Ken Turcott at 877-6776.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room B.

Madison County Computer Club, meets 7 p.m. at Well United Church of Christ, 180 Cot-

tonwood Road, about 1/4 mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend. Members share information about new hardware and software, mostly for IBM compatibles.

Senior Social Club, business meeting at 6 p.m. at the Township Hall, Dessert is served following the meeting. Games and bingo are played at 7 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124.

TOPS 11, 6:45 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, March 28

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3587, 8 p.m.

Eagles Auxiliary 1126 will hold their second meeting of the month at 7:30 p.m. at the Eagles home, 2558 Madison Ave., in Granite City. A meat raffle will be held. Contact Joanna Spencer or Ann Pates if you need a ride. A social hour and refreshments will follow the meeting.

The Edgewood Program will host a talk and film on "How Can You or a Person You Love Recover From Alcoholism or Drug Addiction" at 7:30 p.m. in the Wiesman Room at St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City. The speaker will be Warren Neal, a counselor with the SEMC Behavioral Health System. This talk is free and open to the public. Call 798-3012 for more information.

Job's Daughters Bethel 44 meets at 7 p.m. at the Masonic Temple, 2908 Street and Cleveland Boulevard, 877-4250.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

People Needing People Bereavement Support Group, 7 to 9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3888.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 931-3587, 8 p.m.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar. Granite City (babysitter available), 463-2429.

Alateen and PreAlateen Program for 12 to 17 age group, and prelateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 888-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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